

Fig. 1

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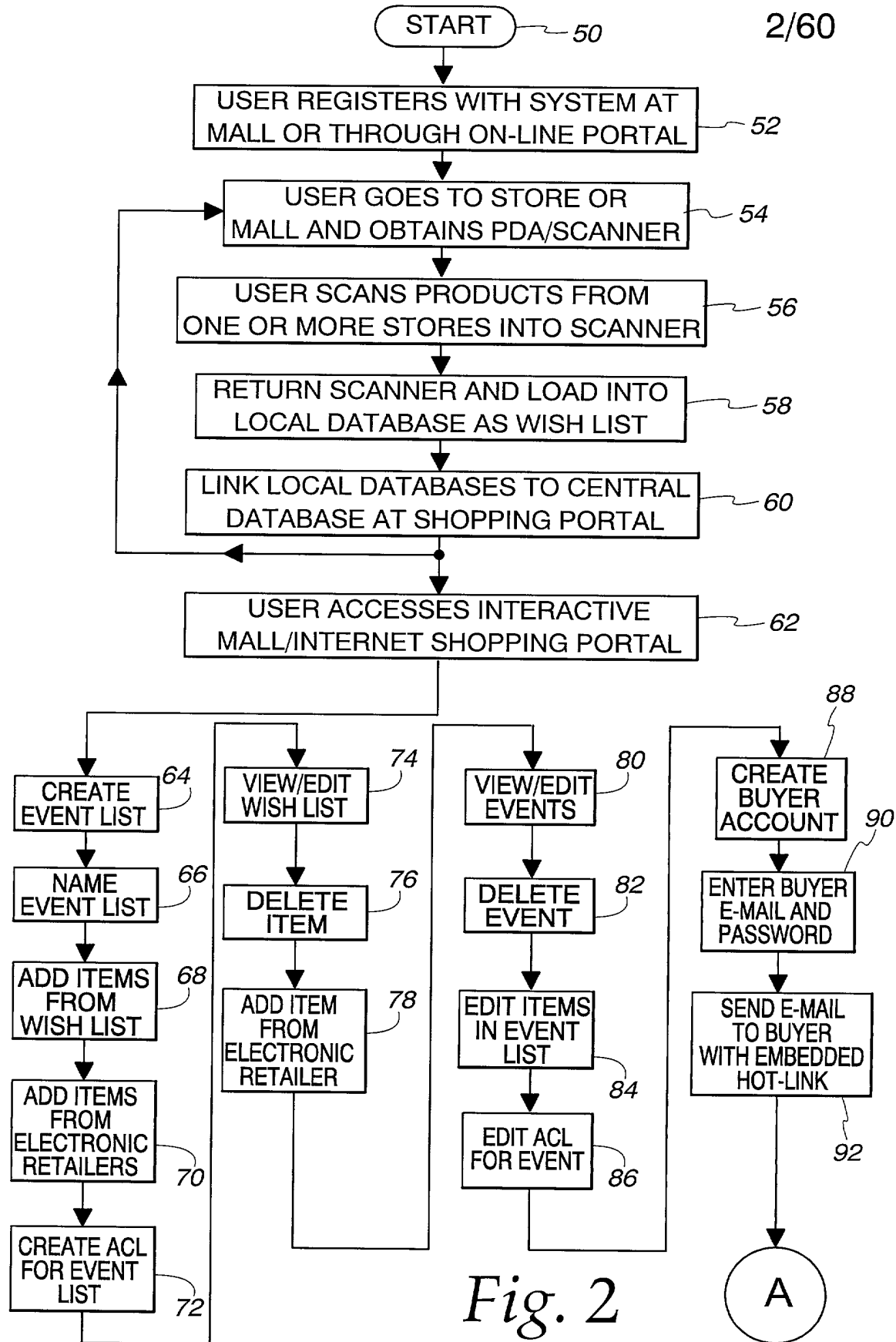


Fig. 2

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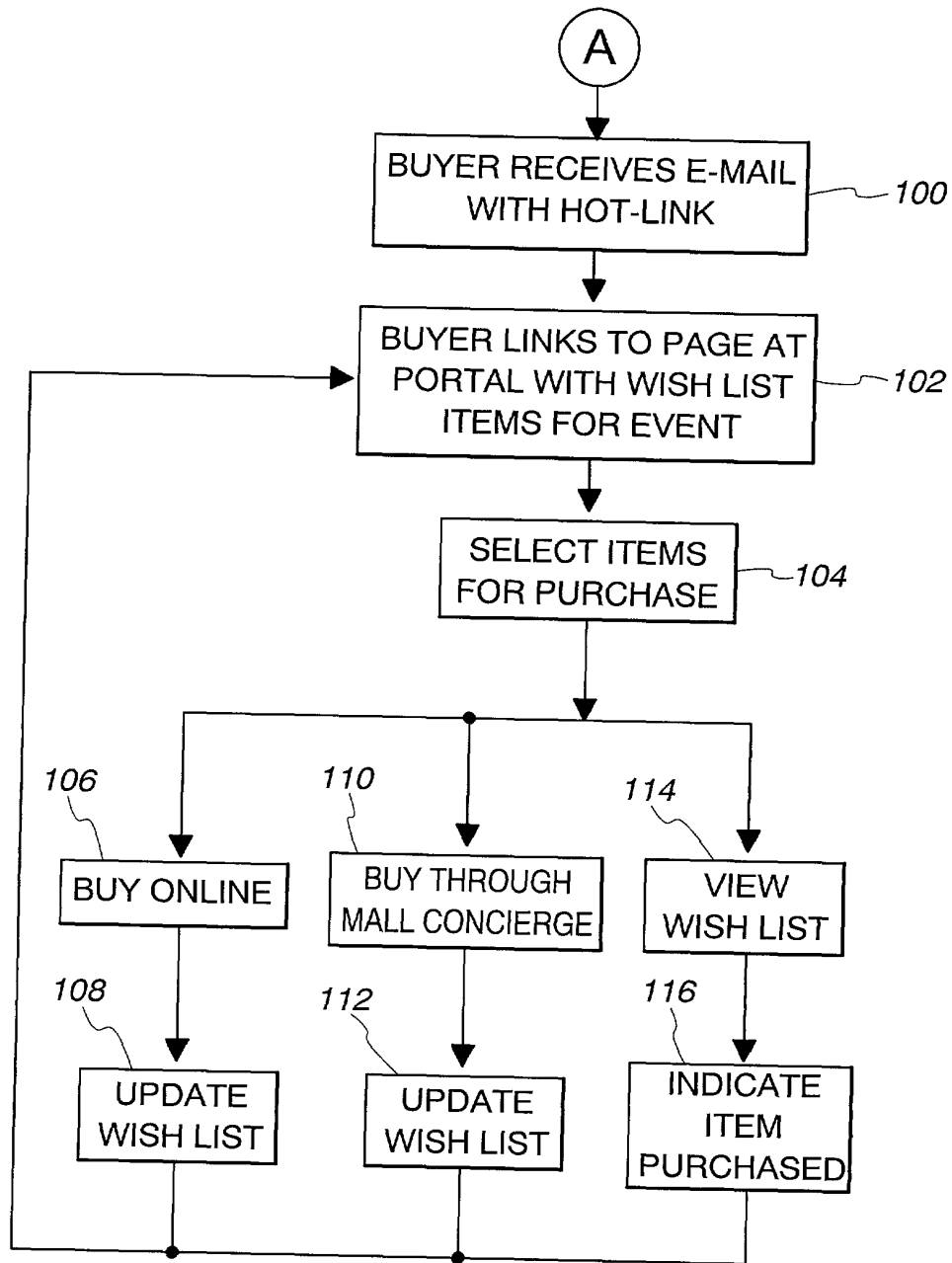
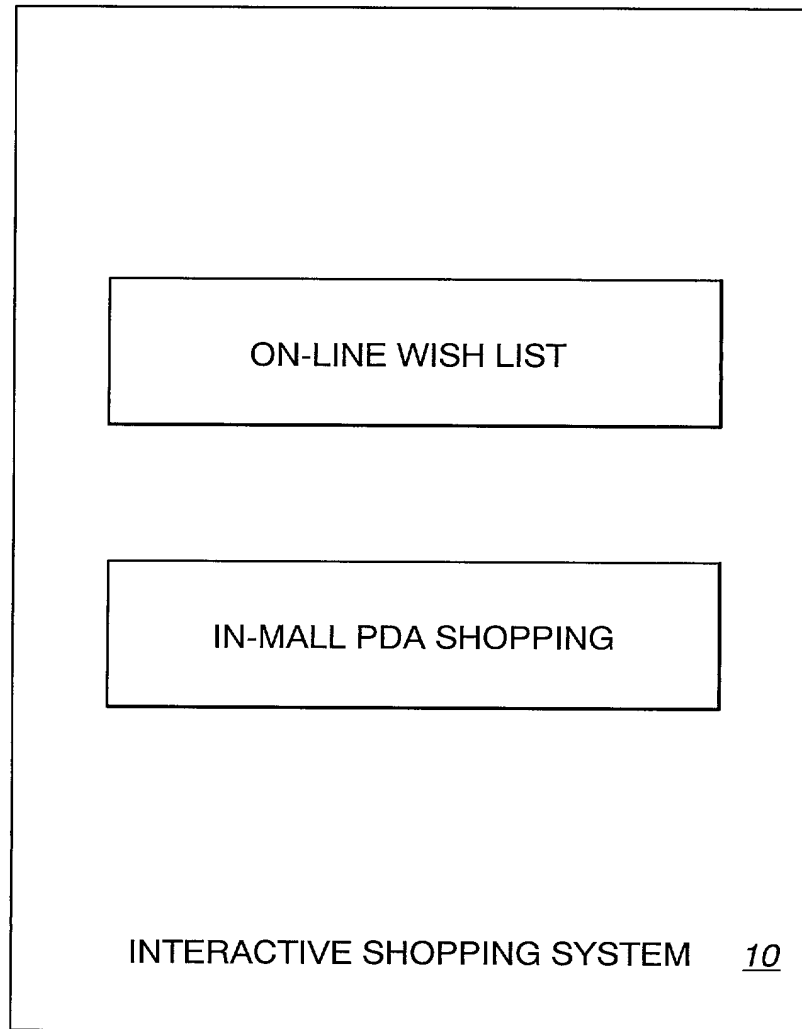


Fig. 3

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*Fig. 4*

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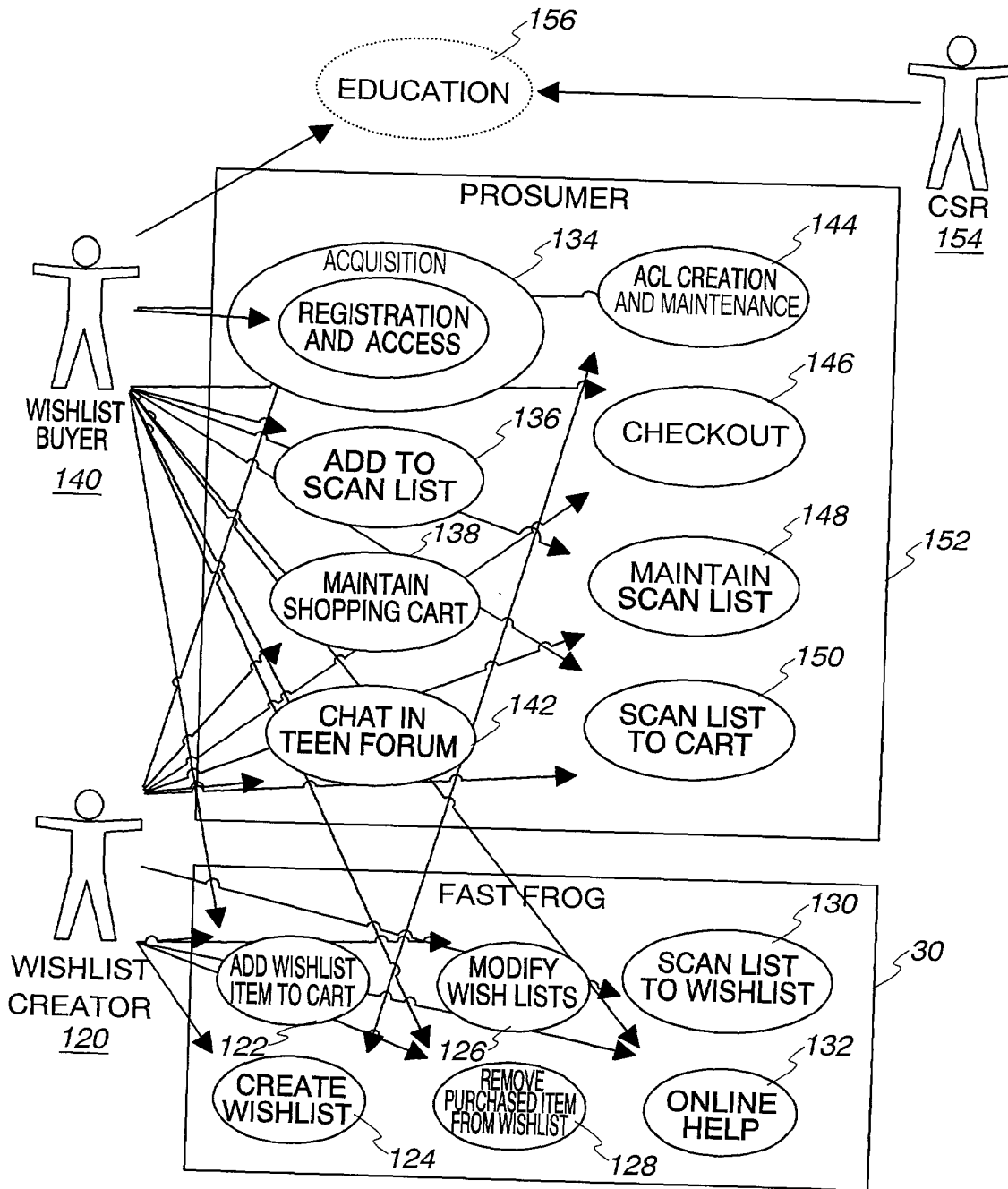


Fig. 5

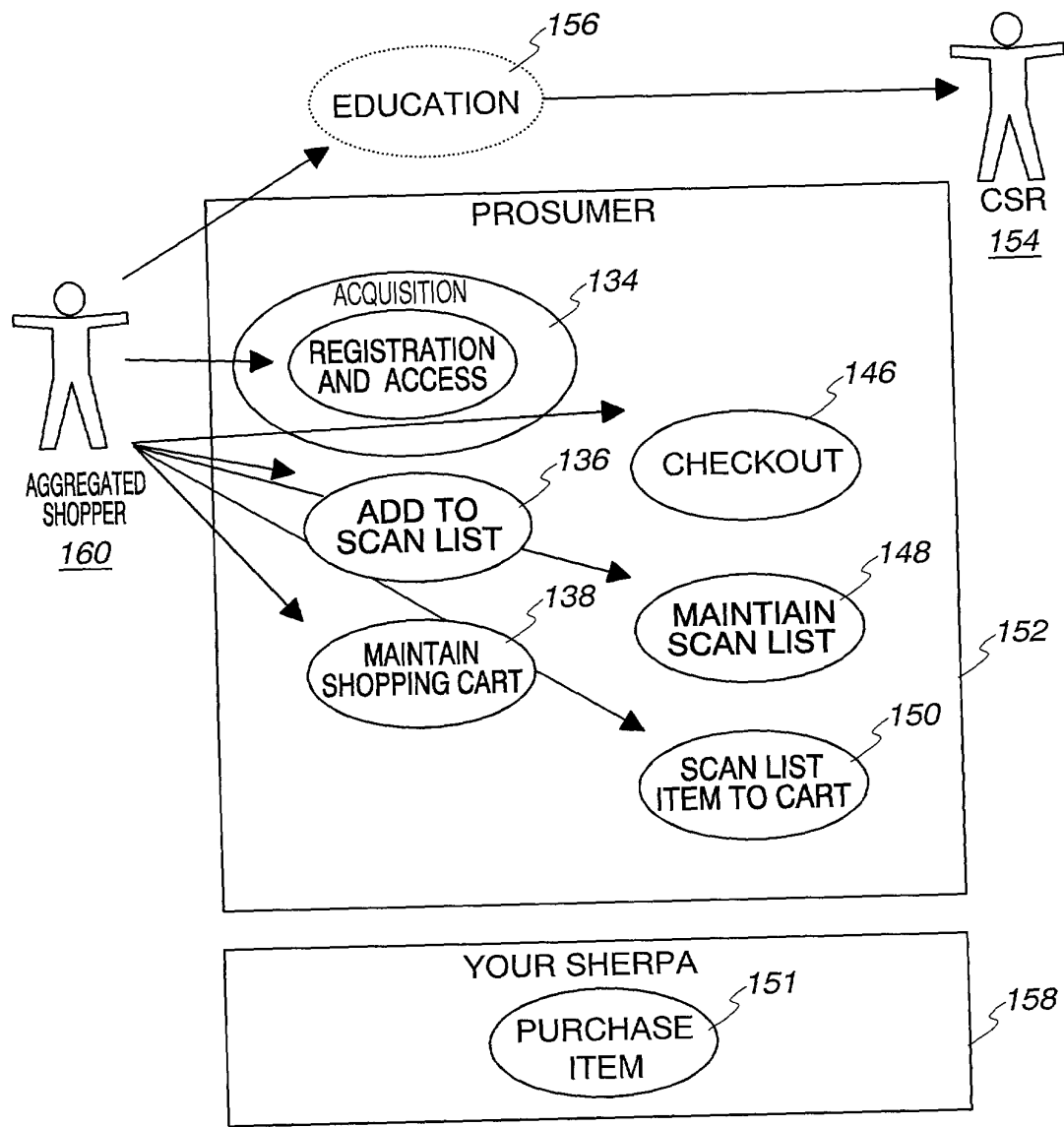
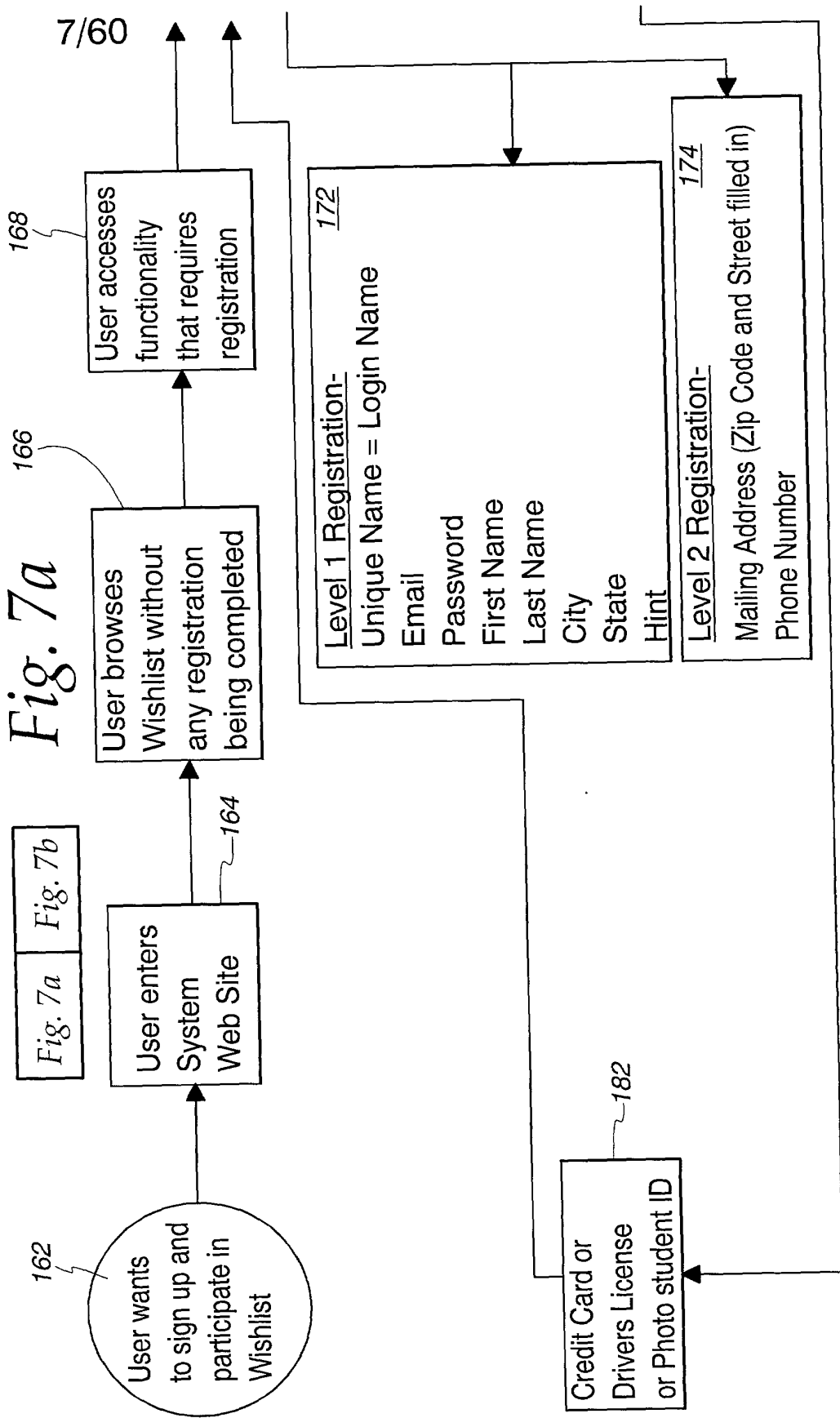


Fig. 6



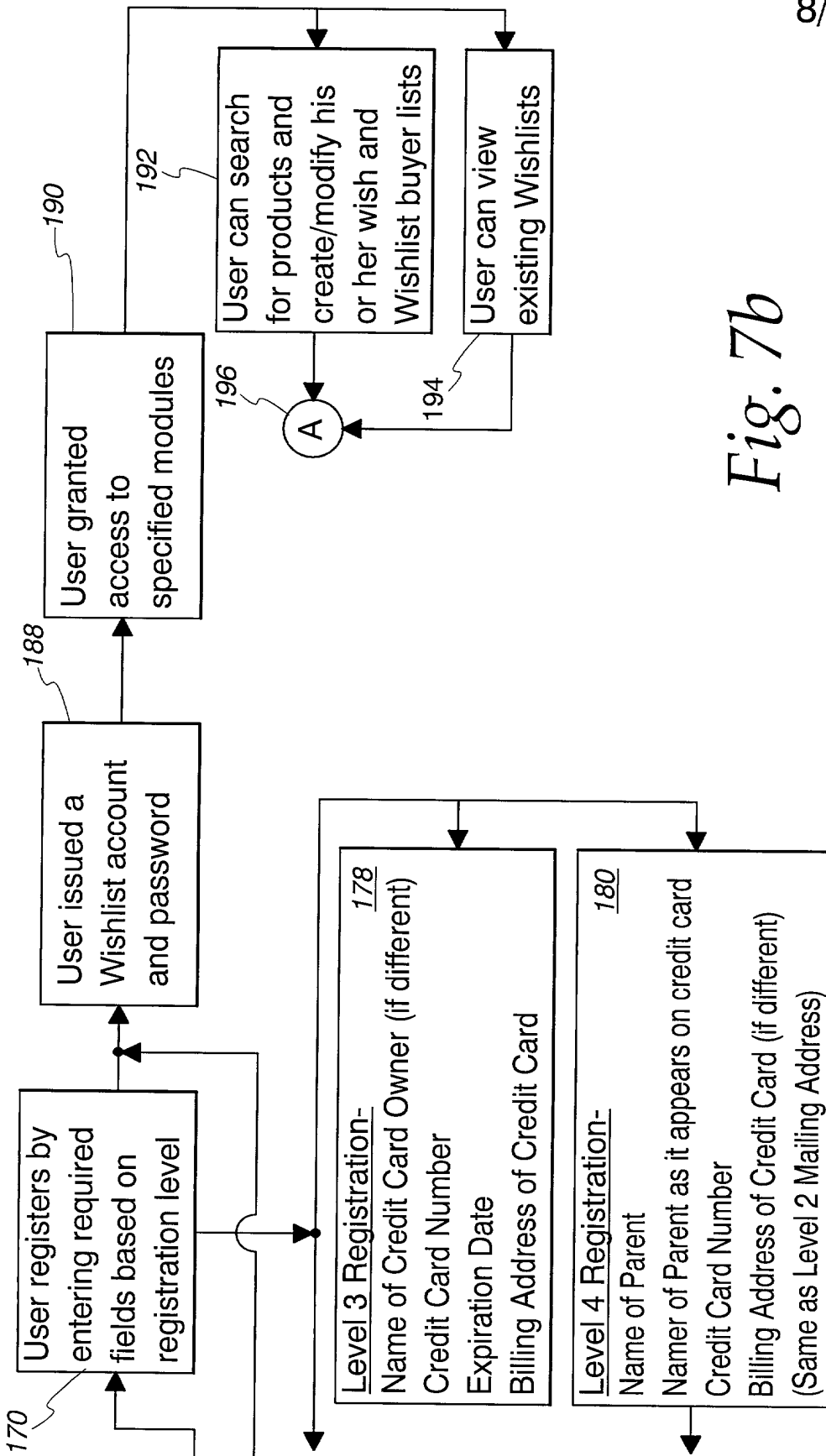


Fig. 7b



**Abstract**—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and blood pressure (BP) of sedentary, middle-aged men. The subjects were divided into two groups: a control group and a training group. The control group consisted of 10 men who did not participate in any physical activity during the study. The training group consisted of 10 men who participated in a 10-week training program. The training program consisted of three sessions per week, each lasting 30 minutes. The sessions were performed on a stationary bike at a heart rate of 150 beats per minute. The HR and BP were measured at the beginning and end of the study. The results showed that the training group had a significant decrease in HR and BP compared to the control group. The HR of the training group decreased from 170 beats per minute to 150 beats per minute, and the BP decreased from 140 mmHg to 120 mmHg. The HR of the control group remained at 170 beats per minute, and the BP remained at 140 mmHg. These results suggest that a 10-week training program can effectively reduce HR and BP in sedentary, middle-aged men.



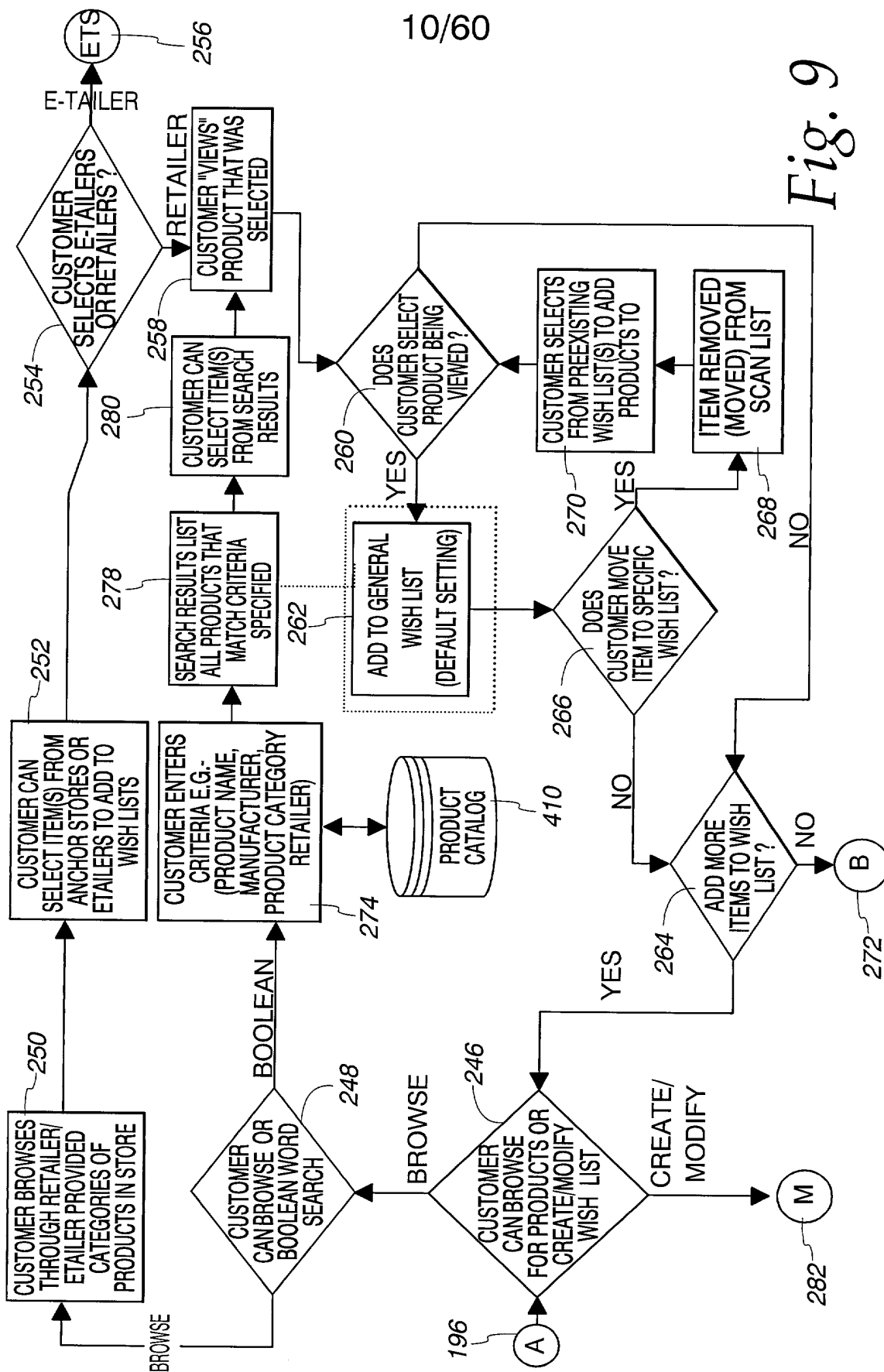


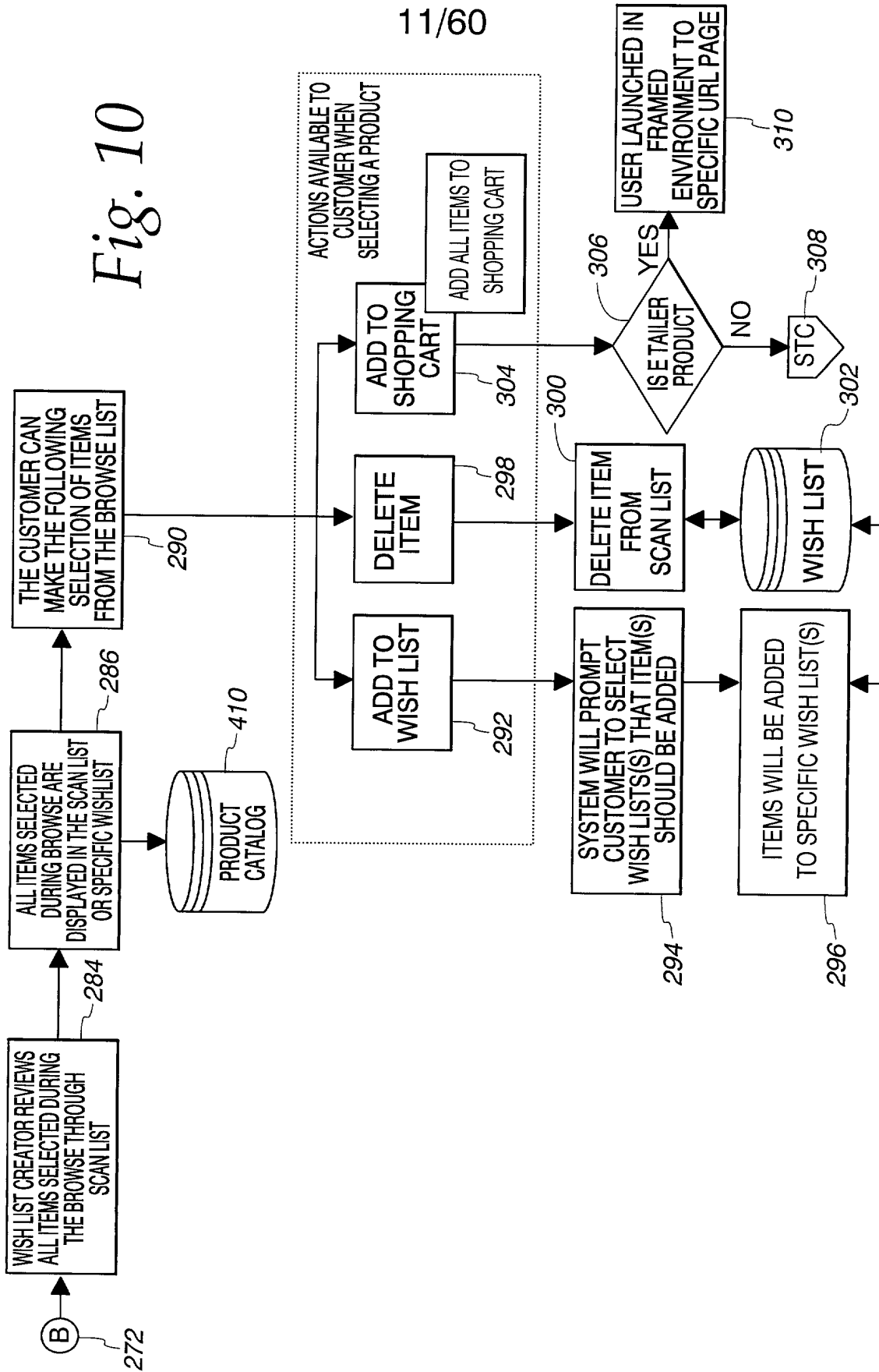
Fig. 9

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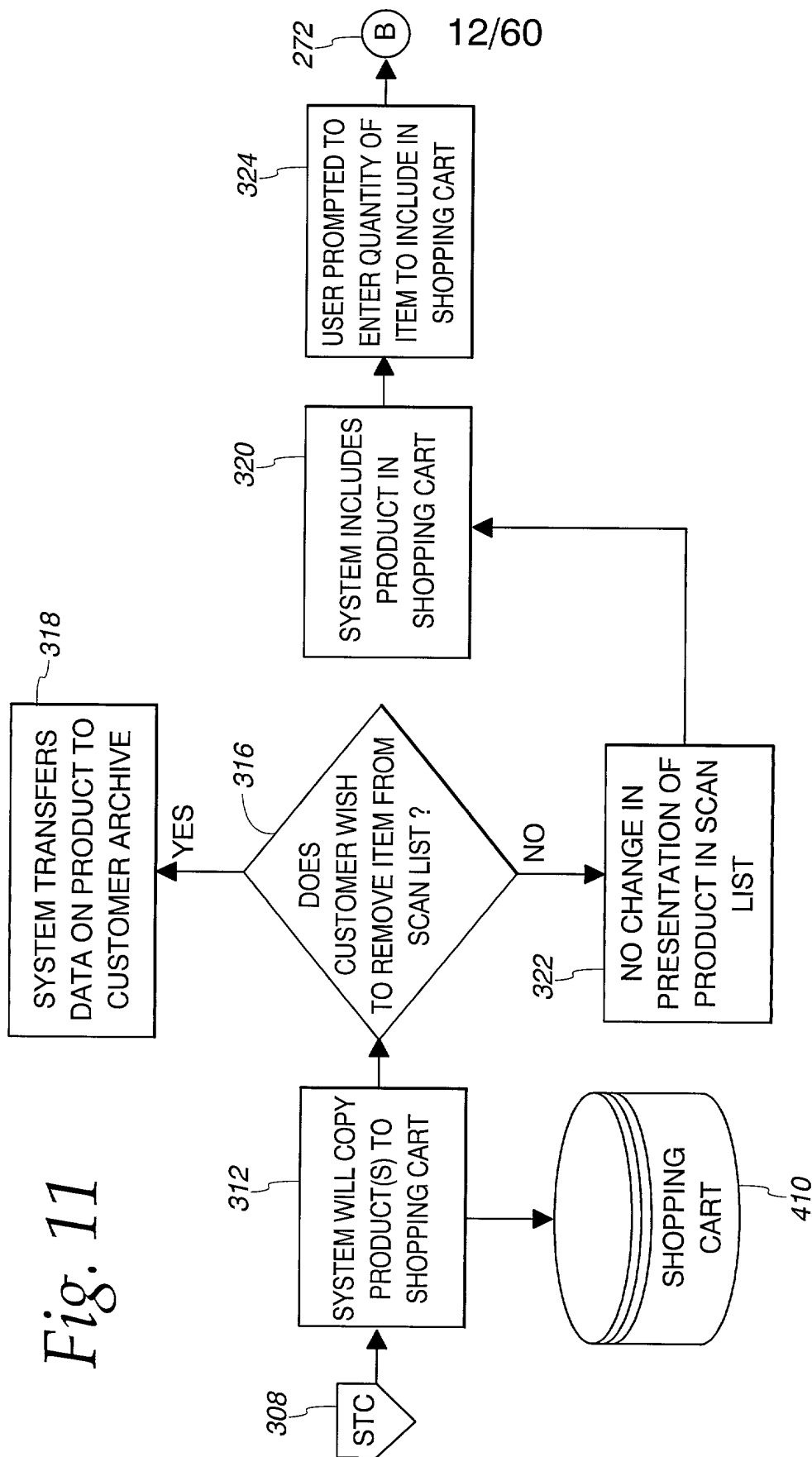
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Fig. 10



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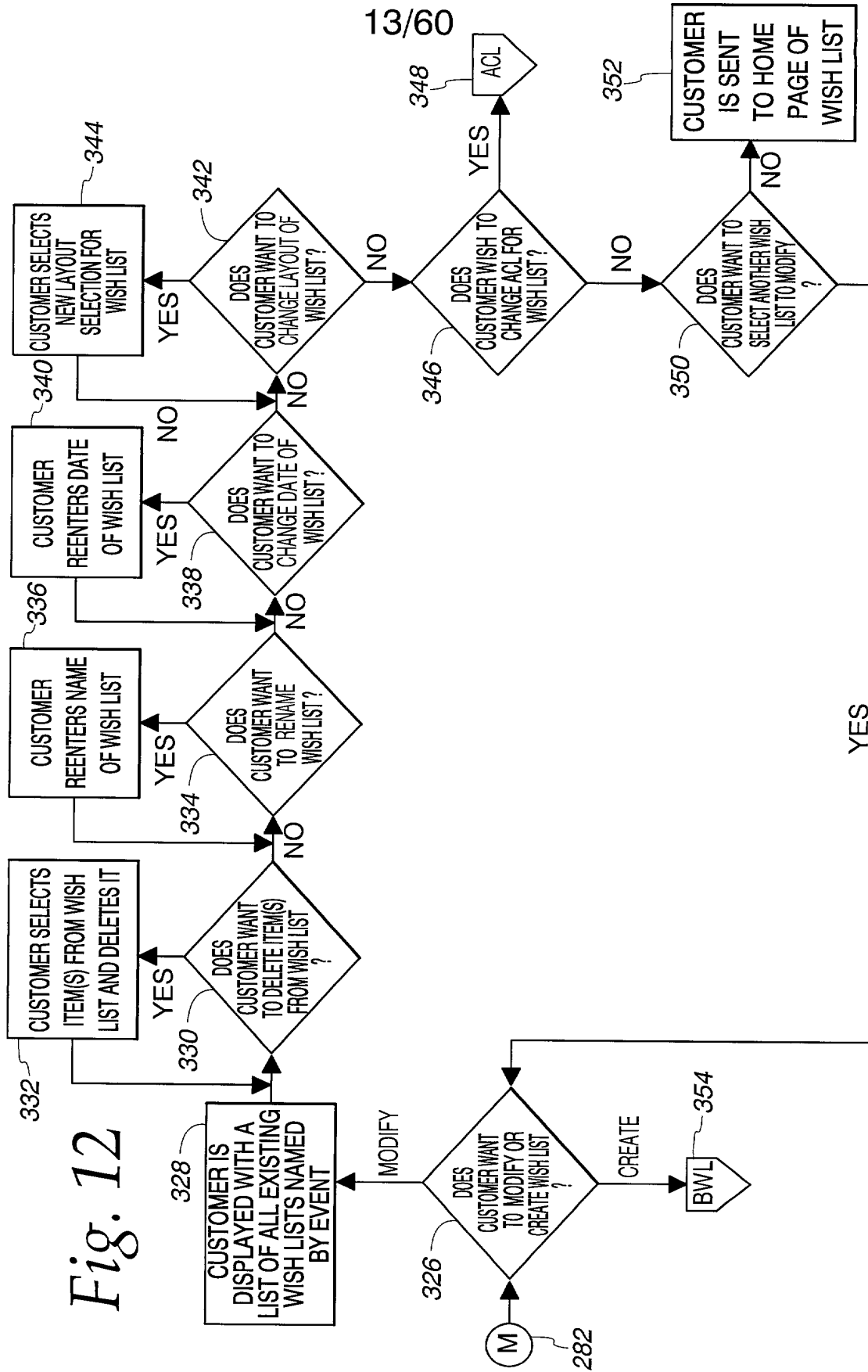
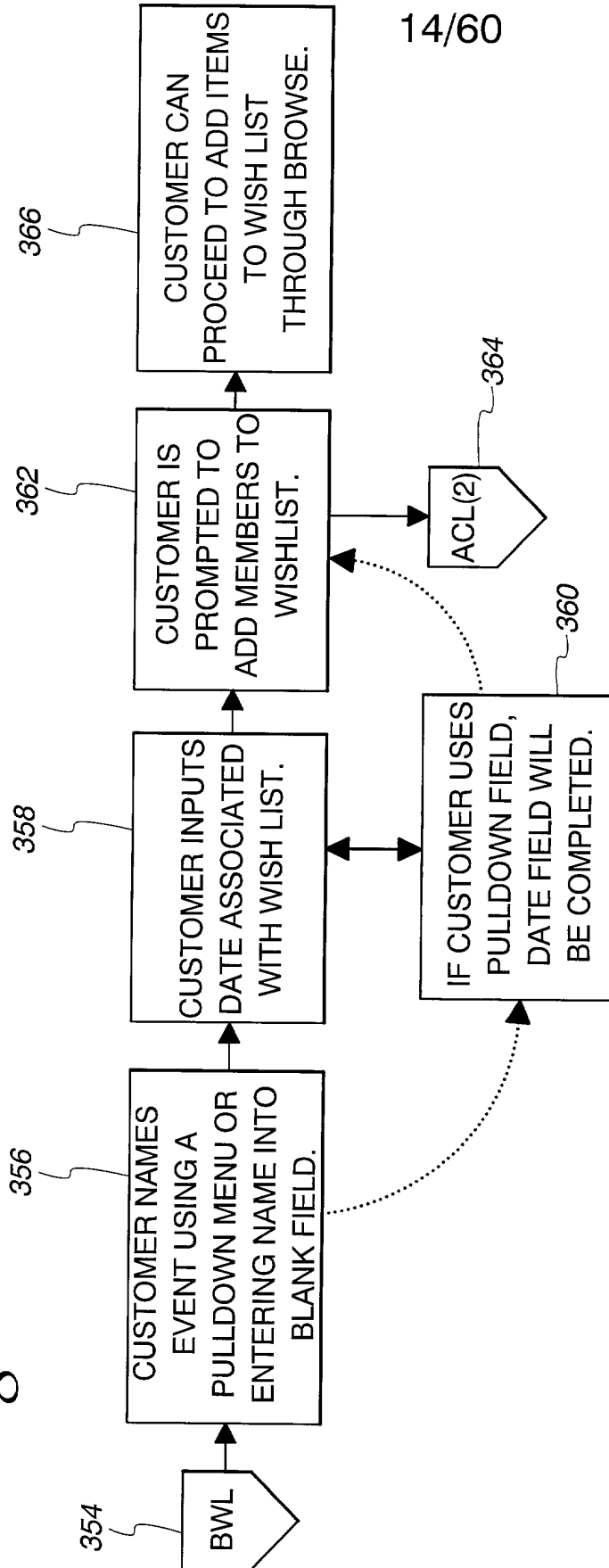


Fig. 12

Fig. 13



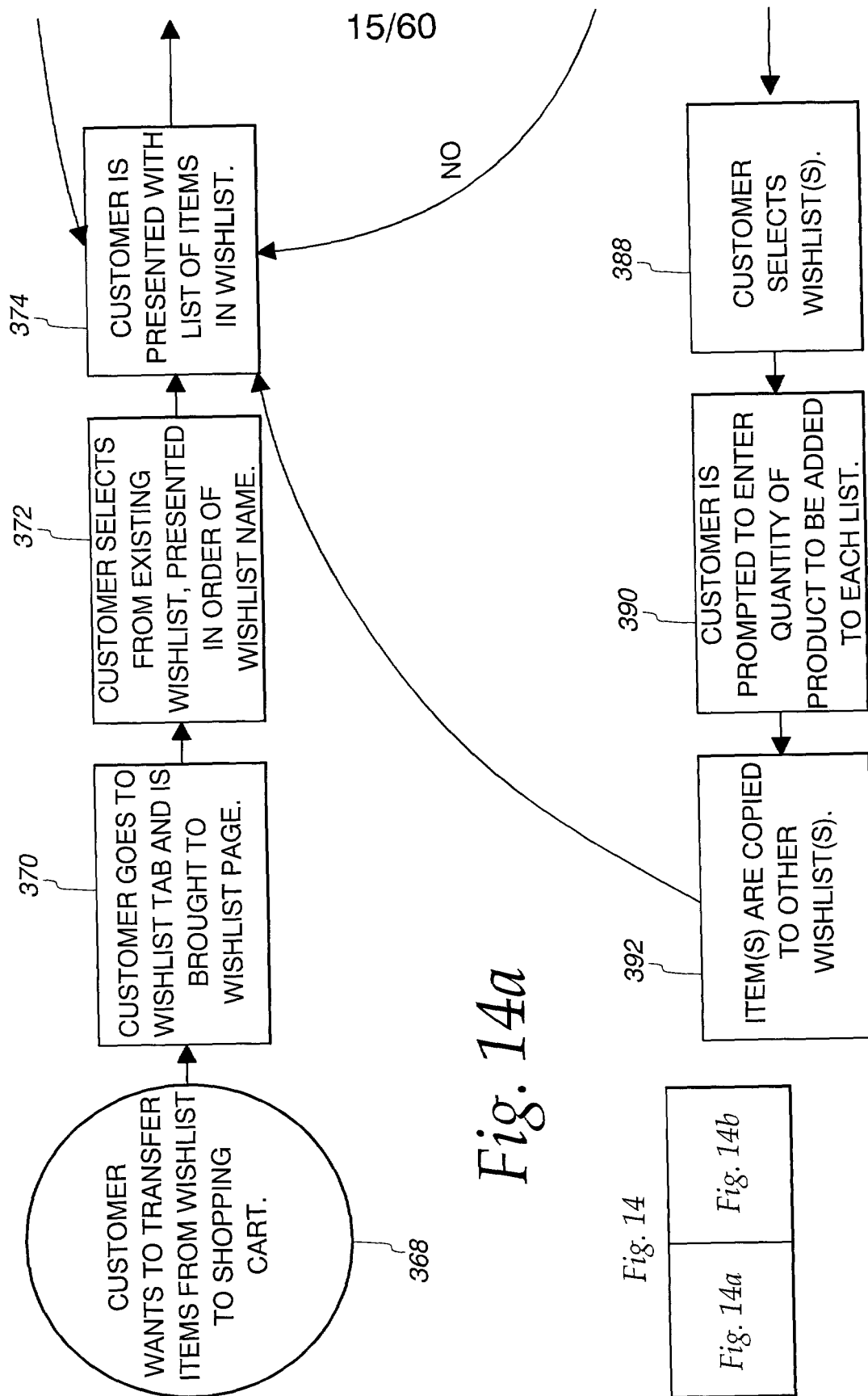
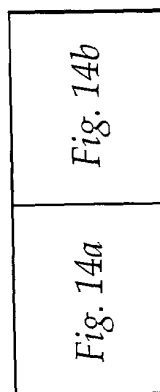


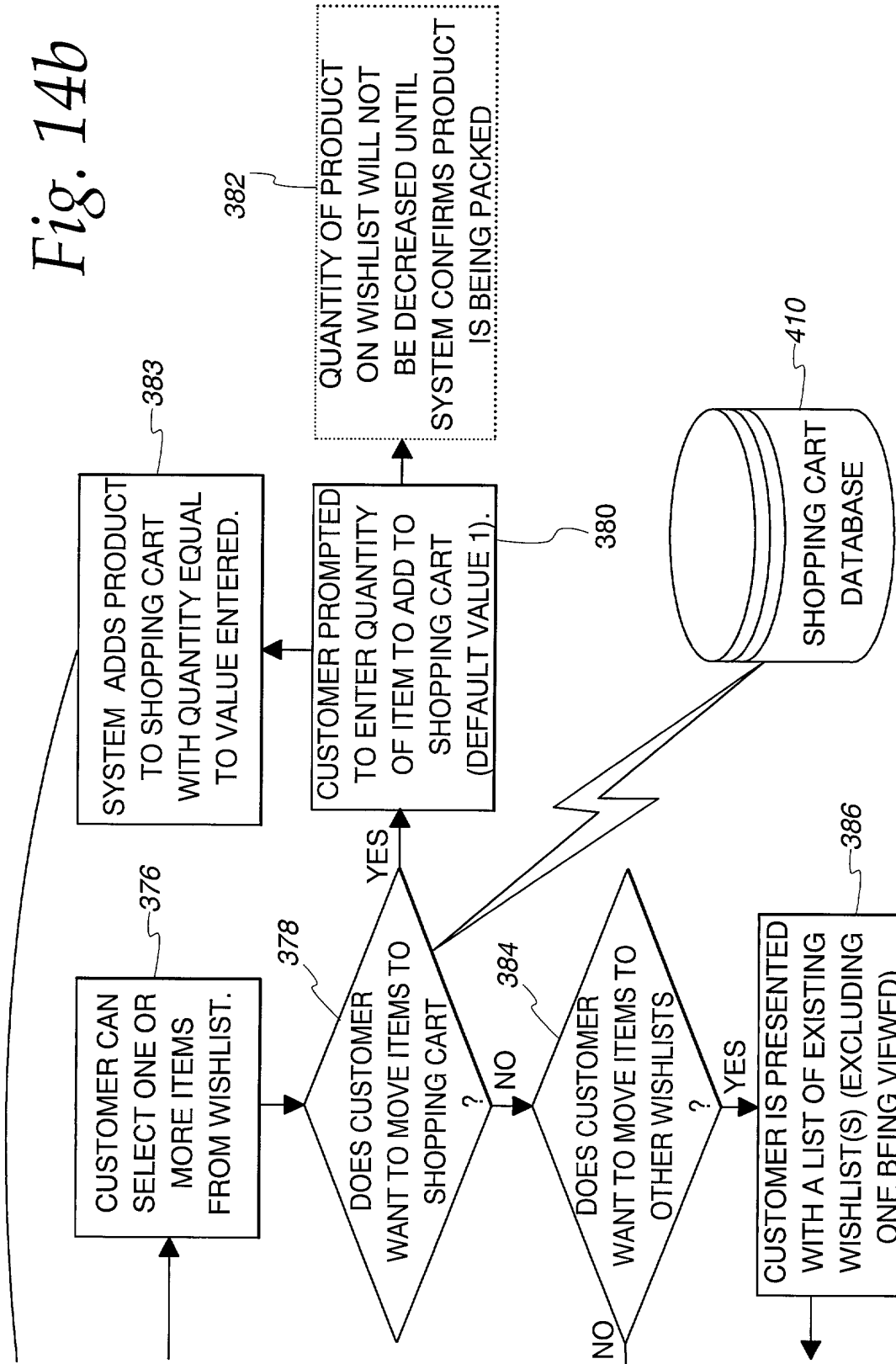
Fig. 14a

Fig. 14

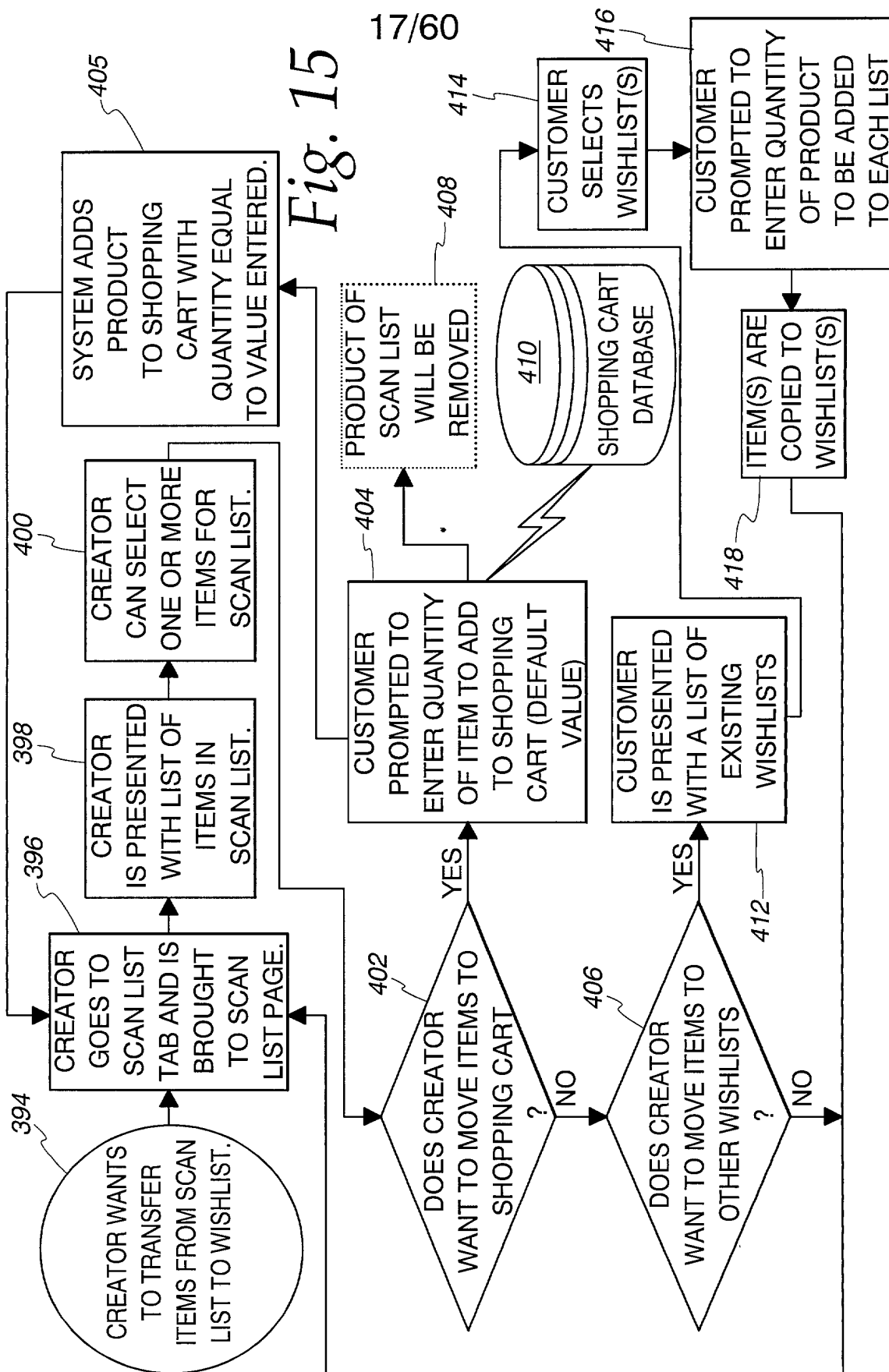


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Fig. 14b







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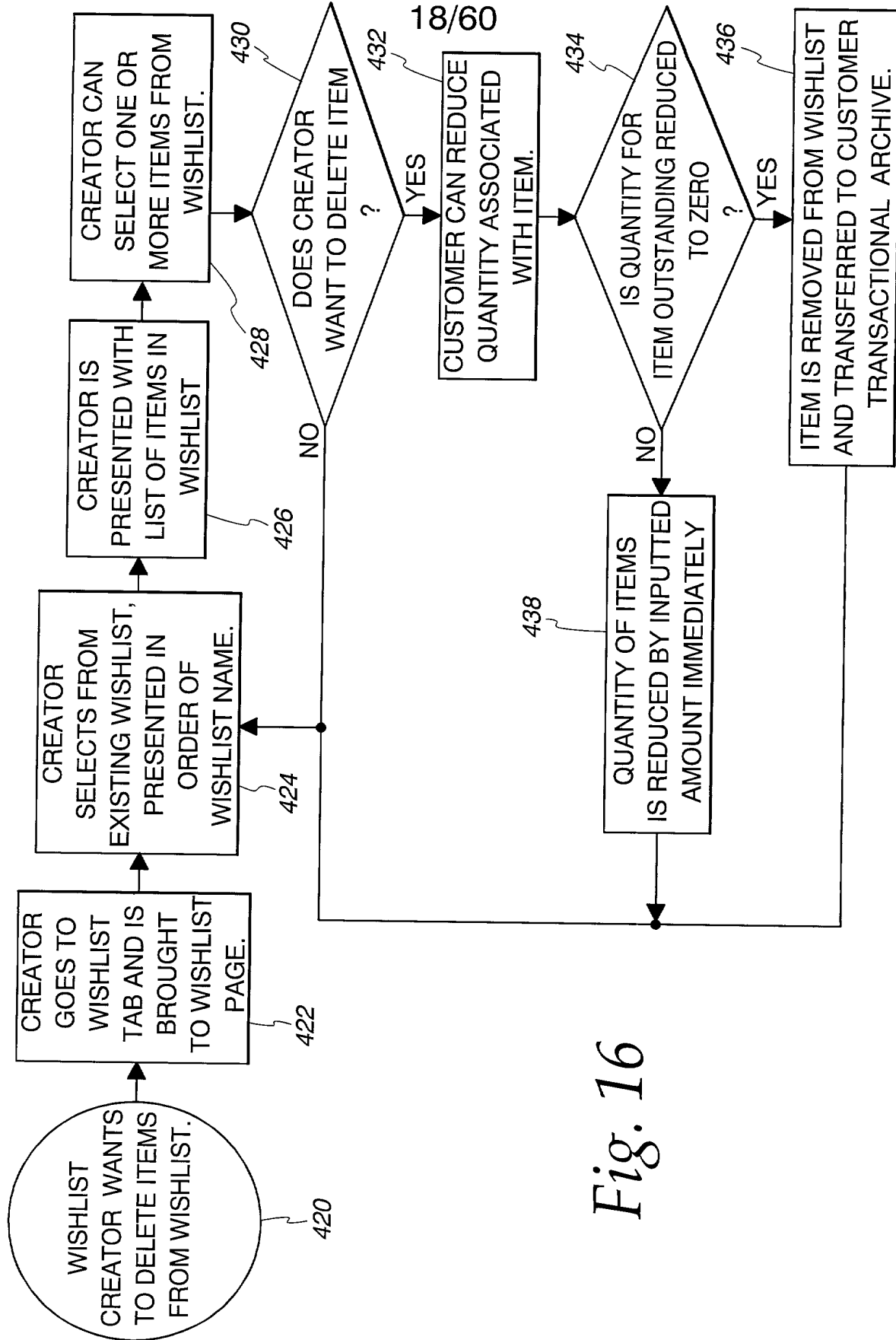


Fig. 16

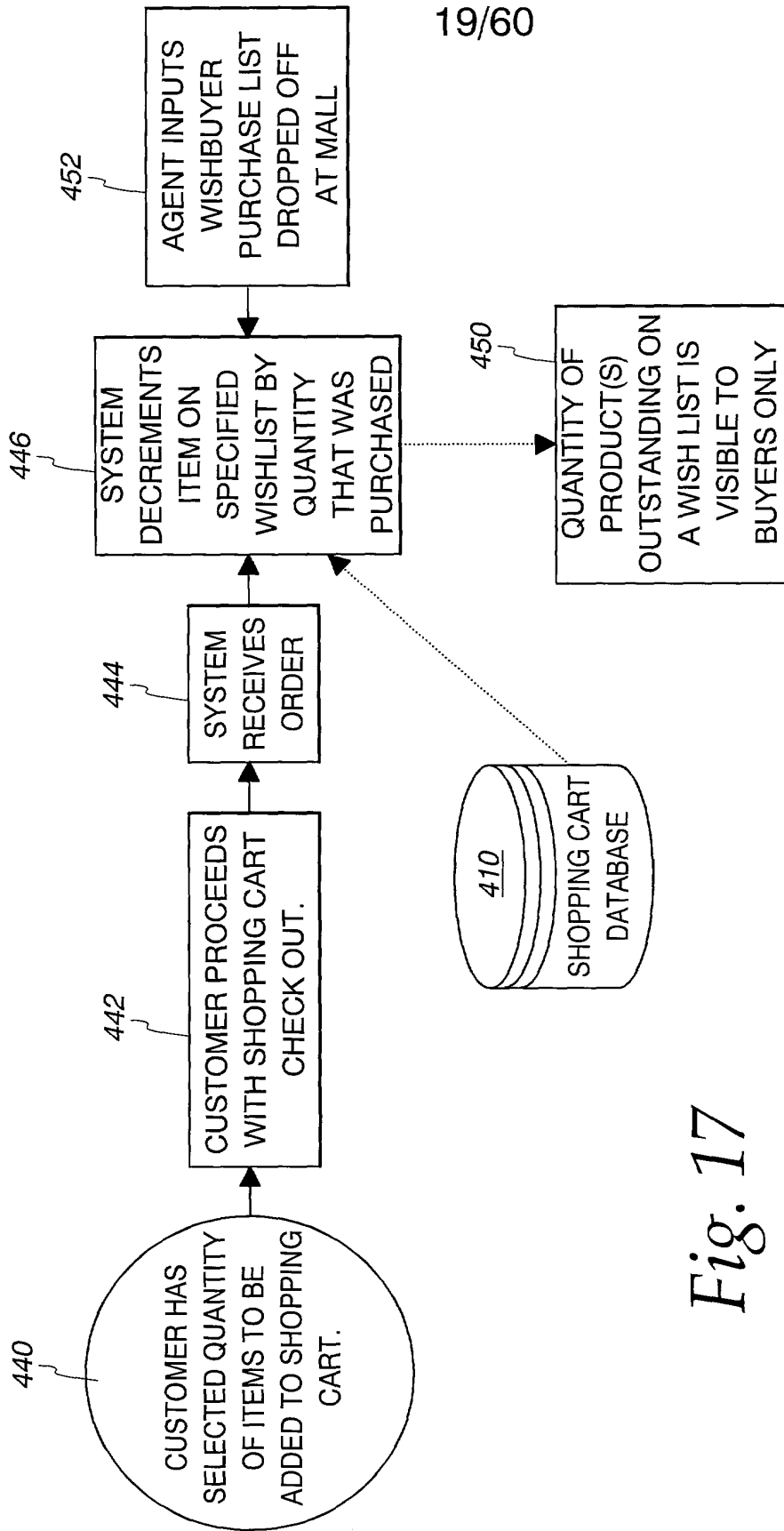


Fig. 17

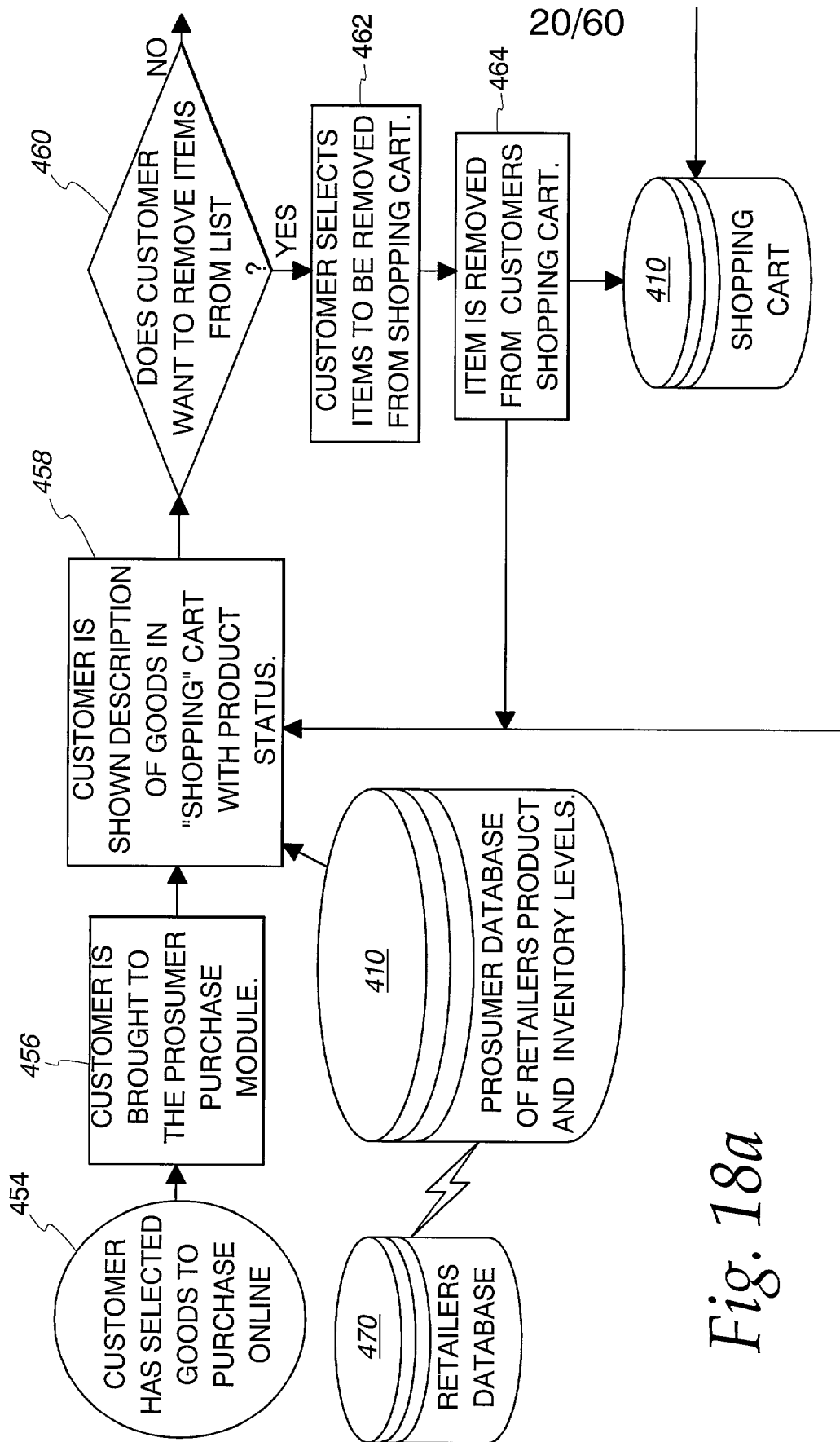


Fig. 18a

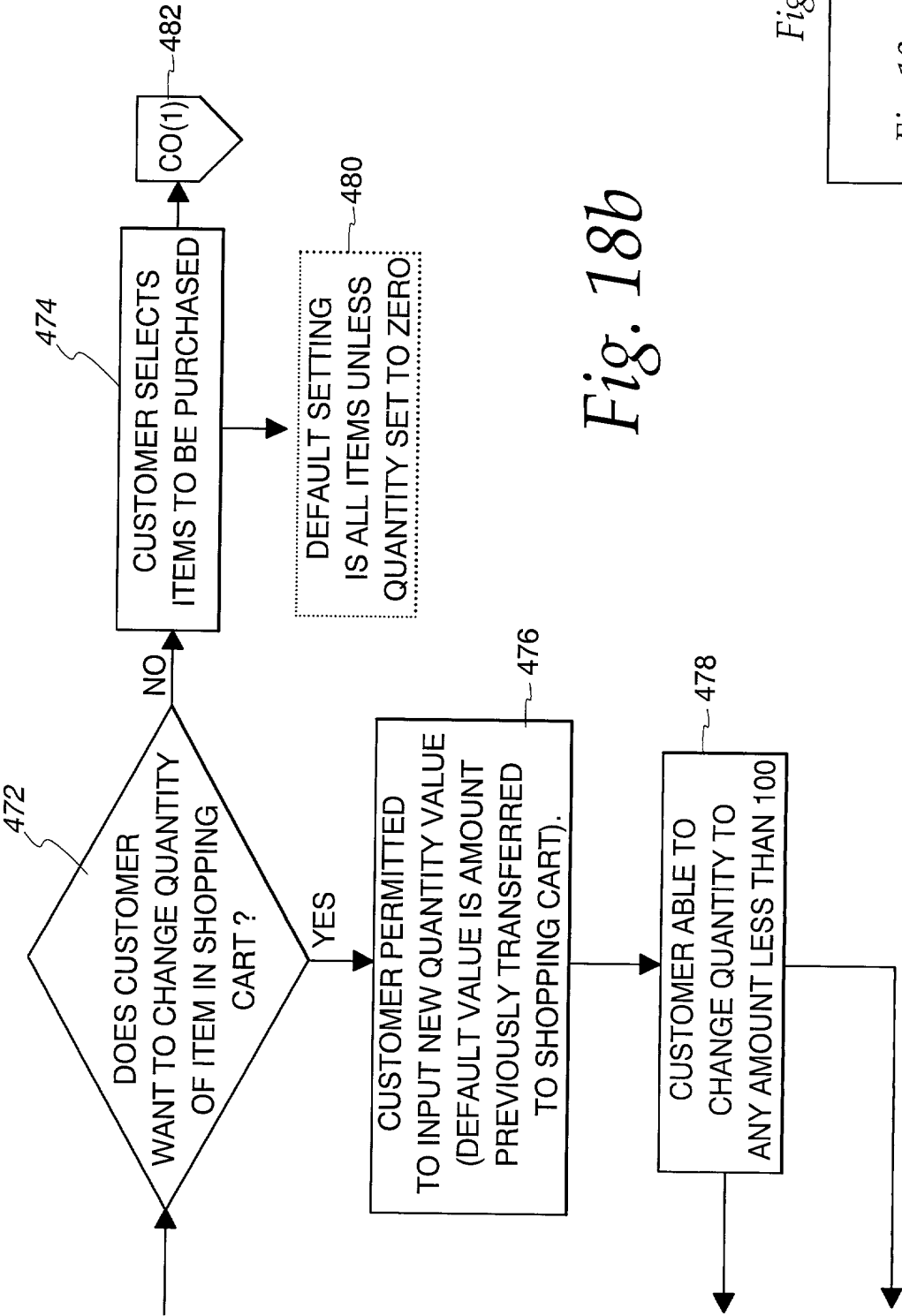


Fig. 18b

Fig. 18

Fig. 18a

Fig. 18b

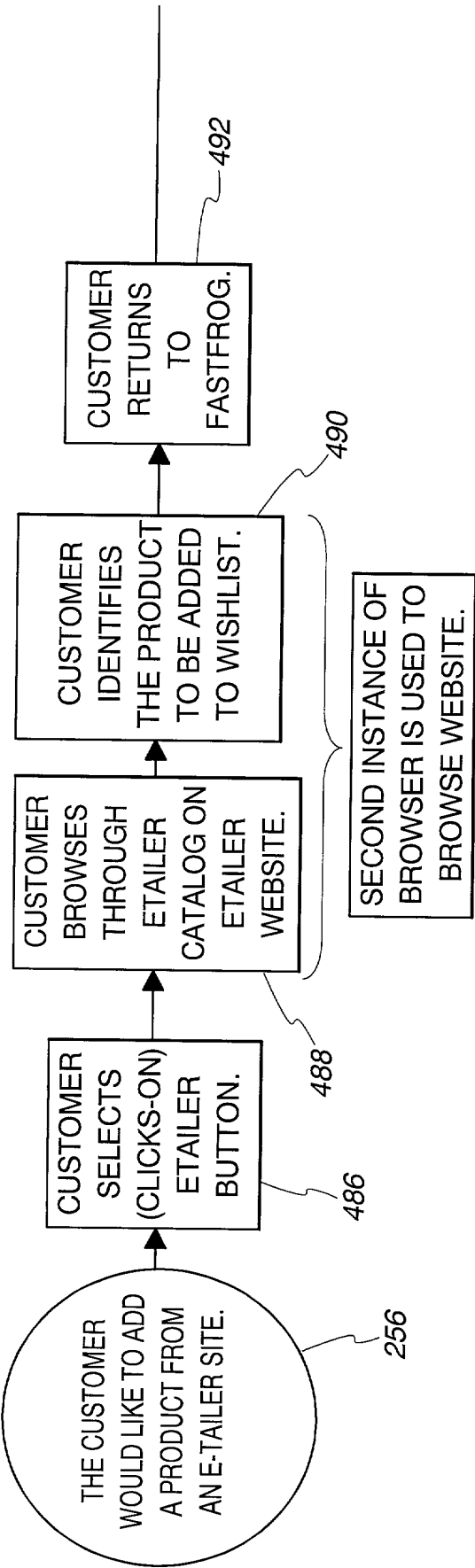
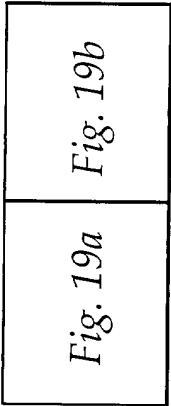


Fig. 19a



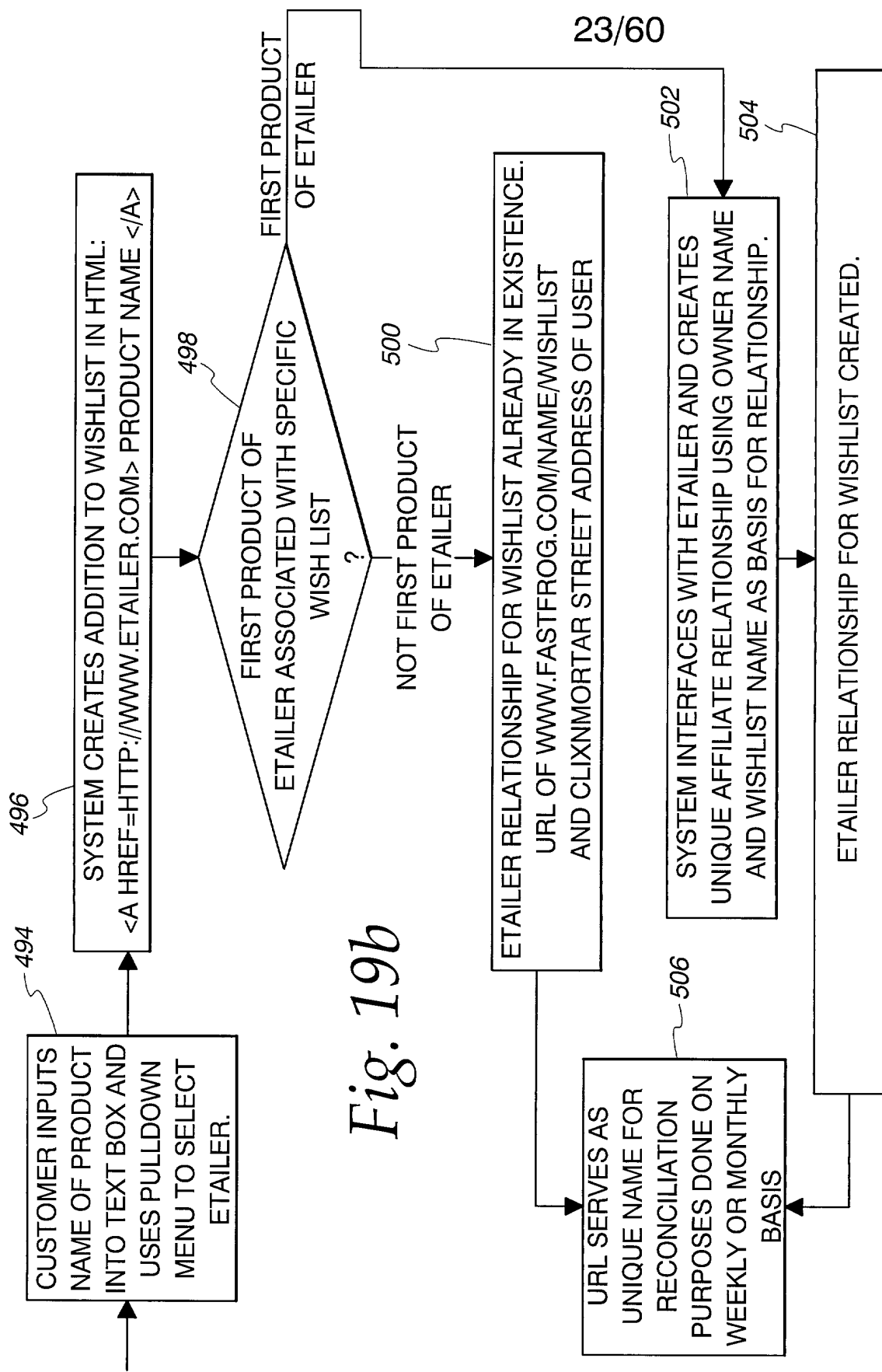


Fig. 19b

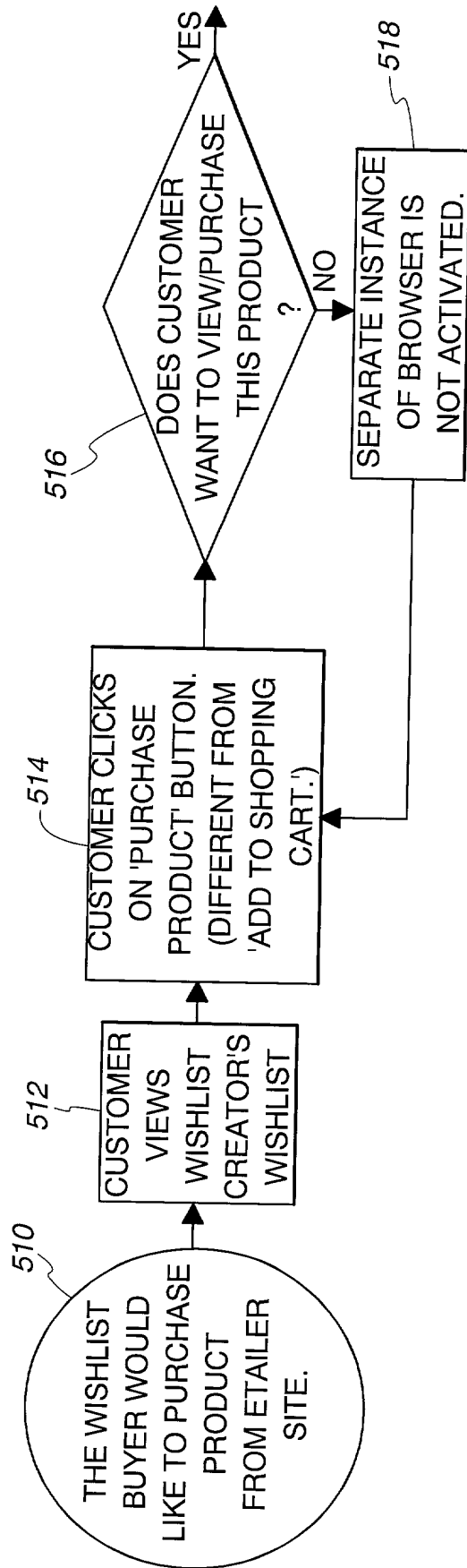
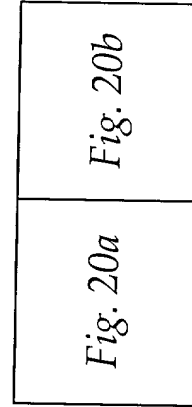


Fig. 20a

Fig. 20





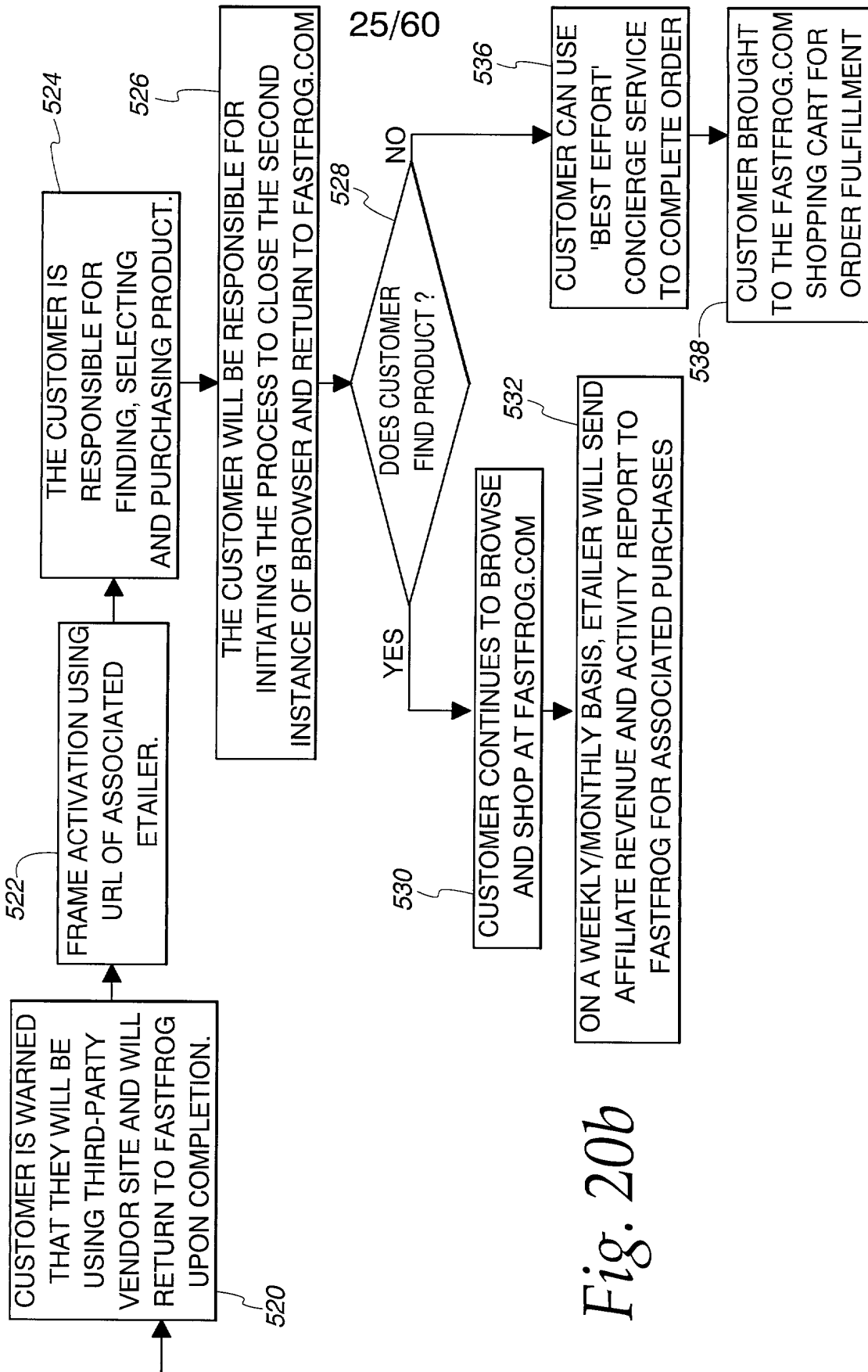


Fig. 20b

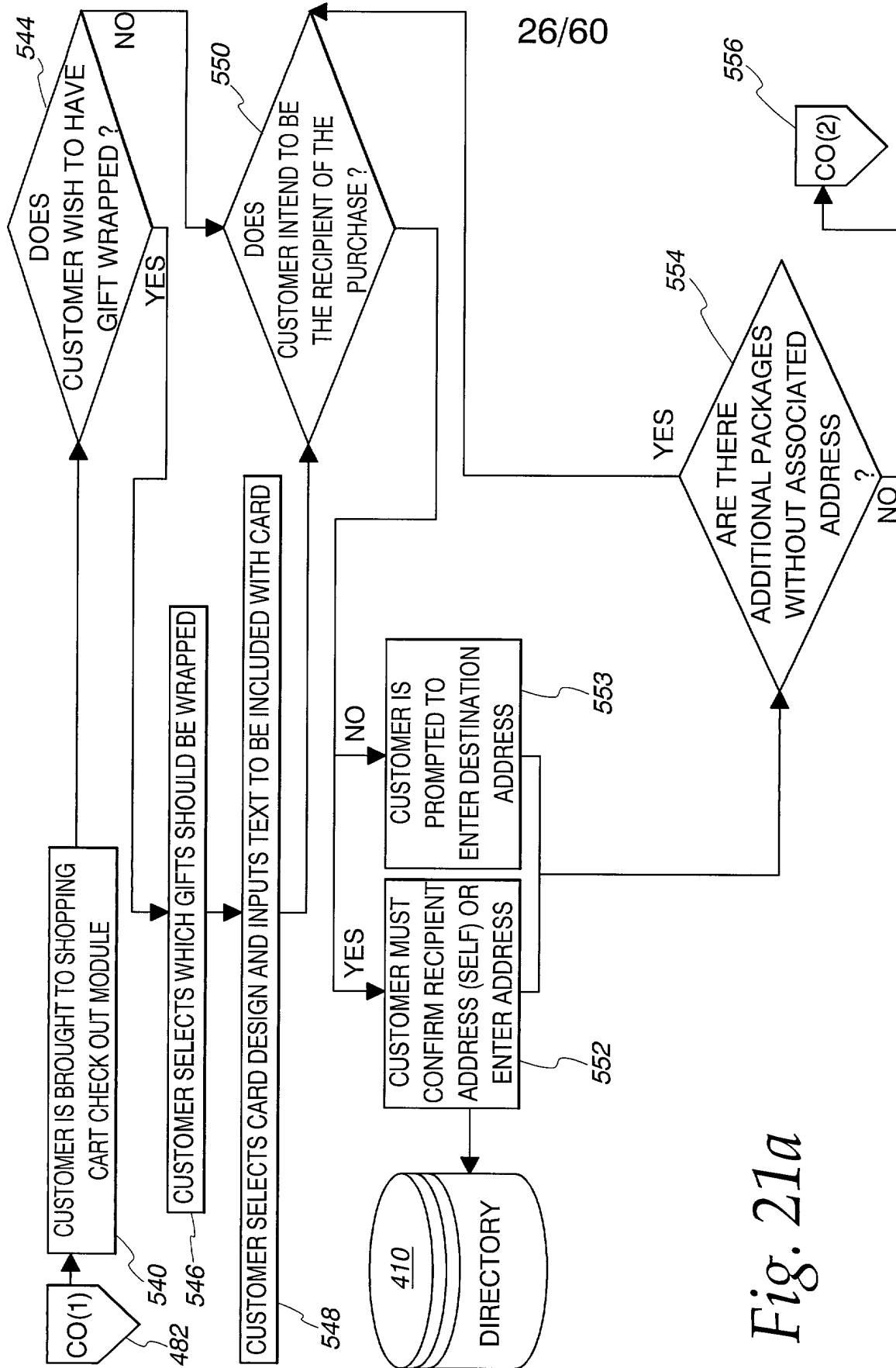


Fig. 21a

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Fig. 21b

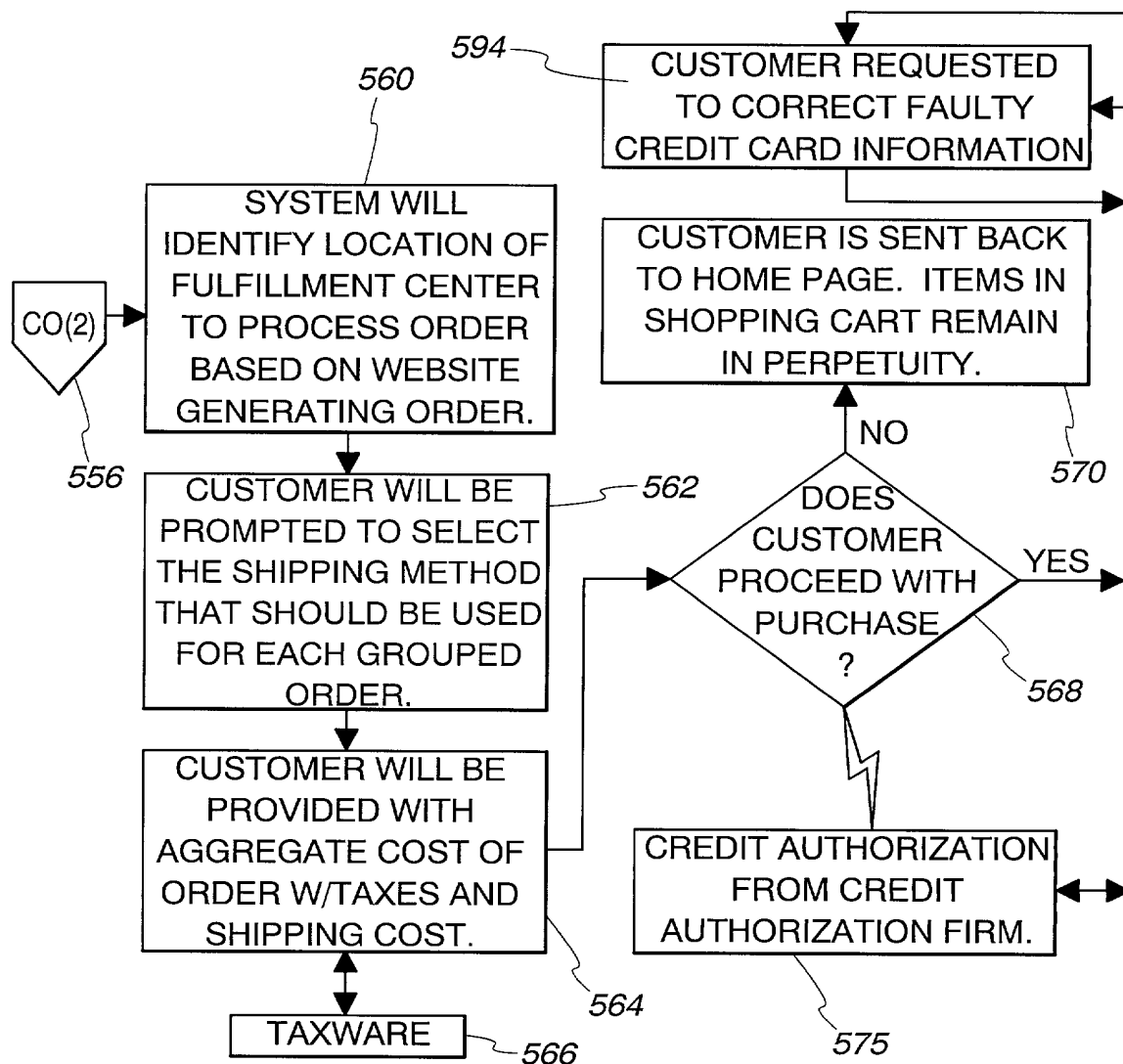


Fig. 21

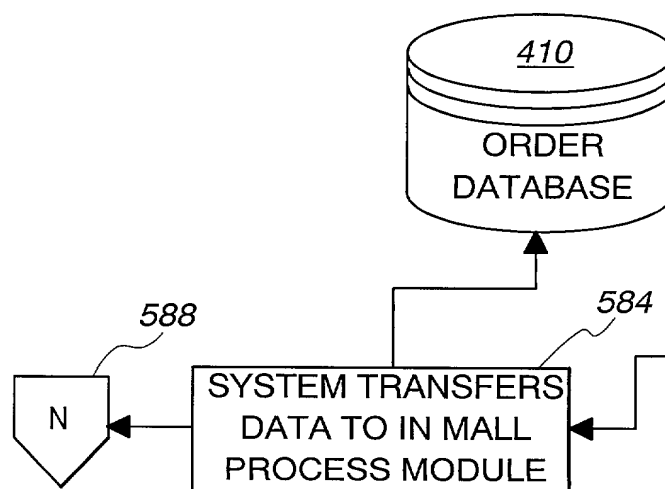
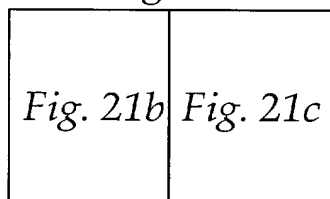


Fig. 21c

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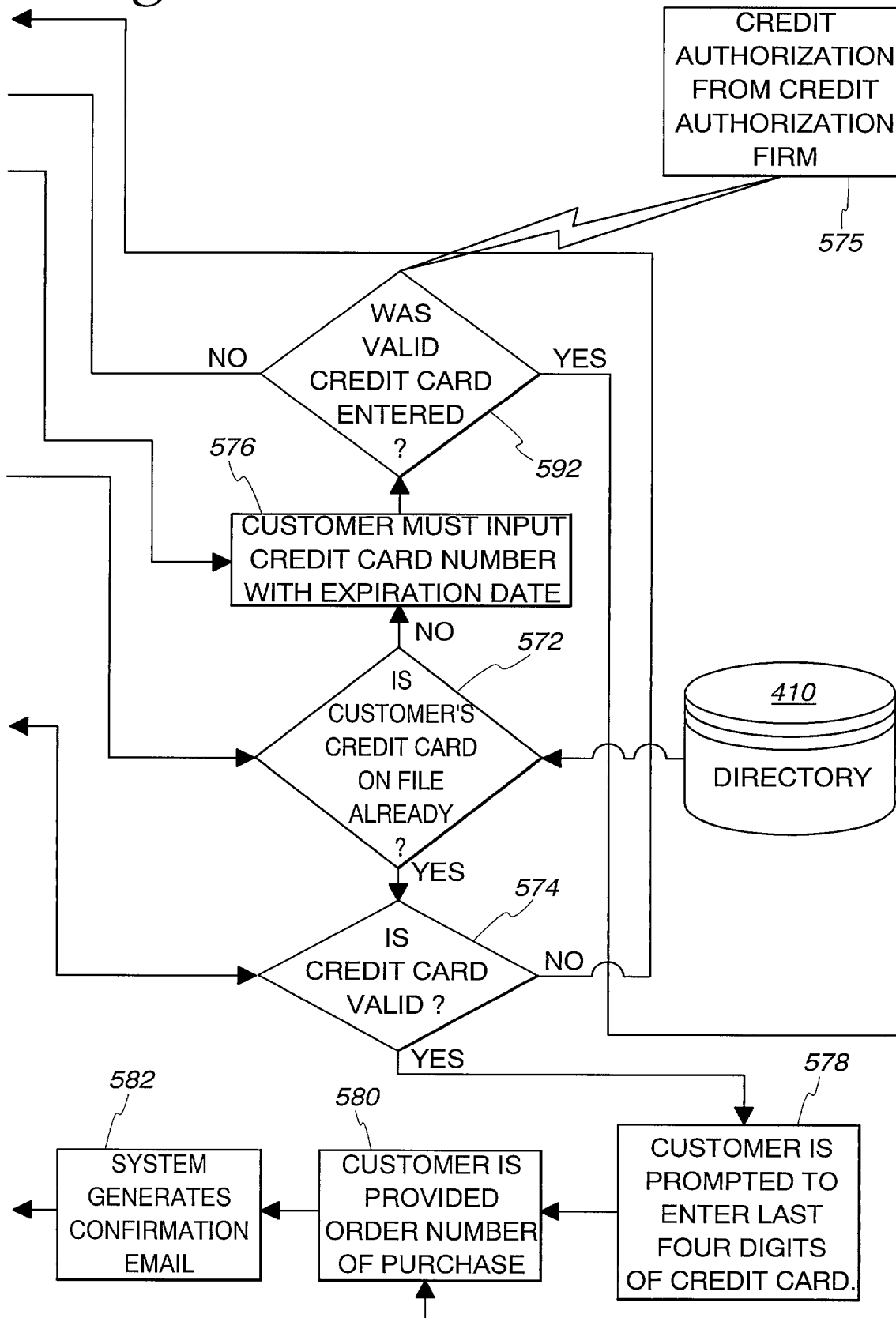
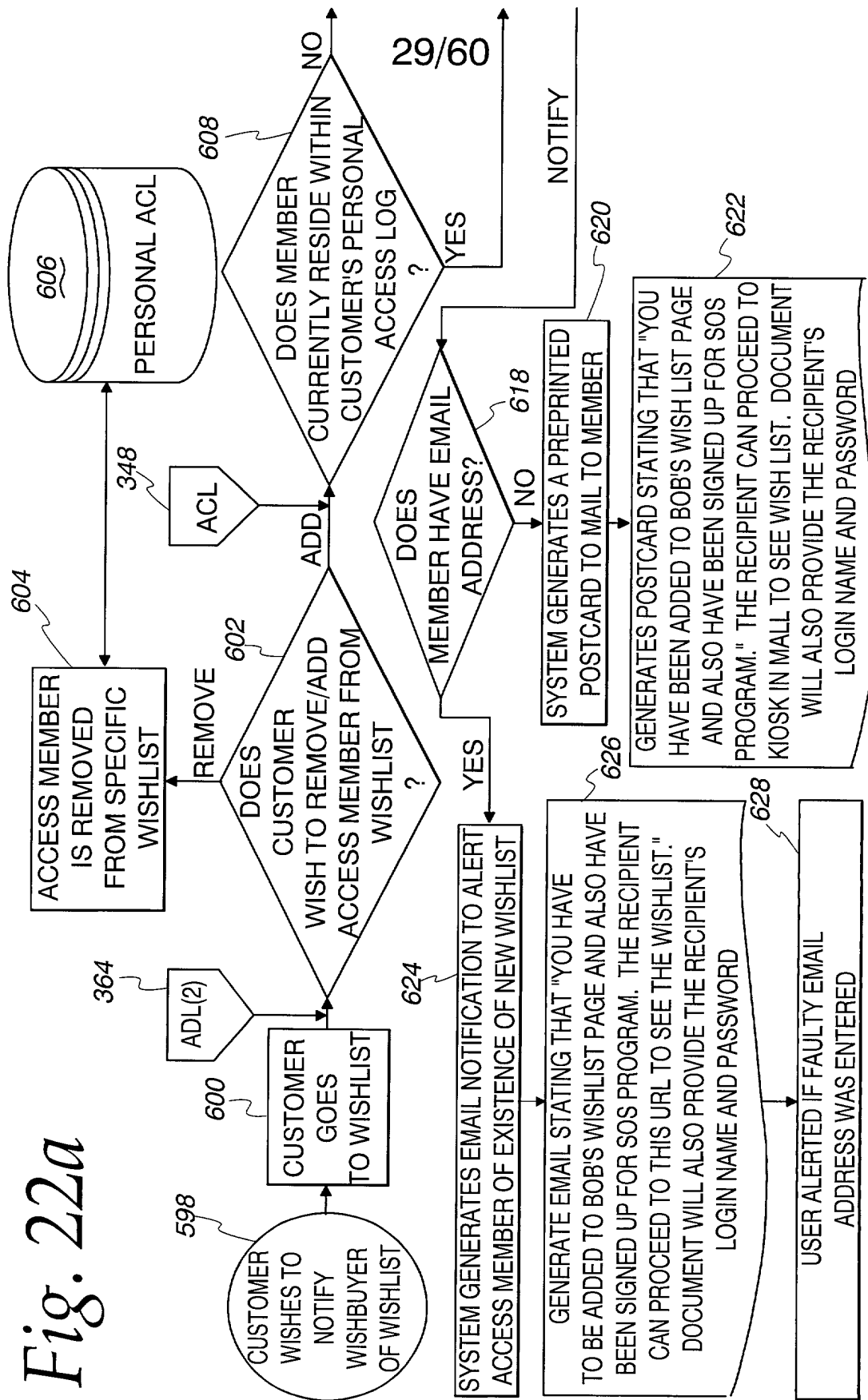


Fig. 22a



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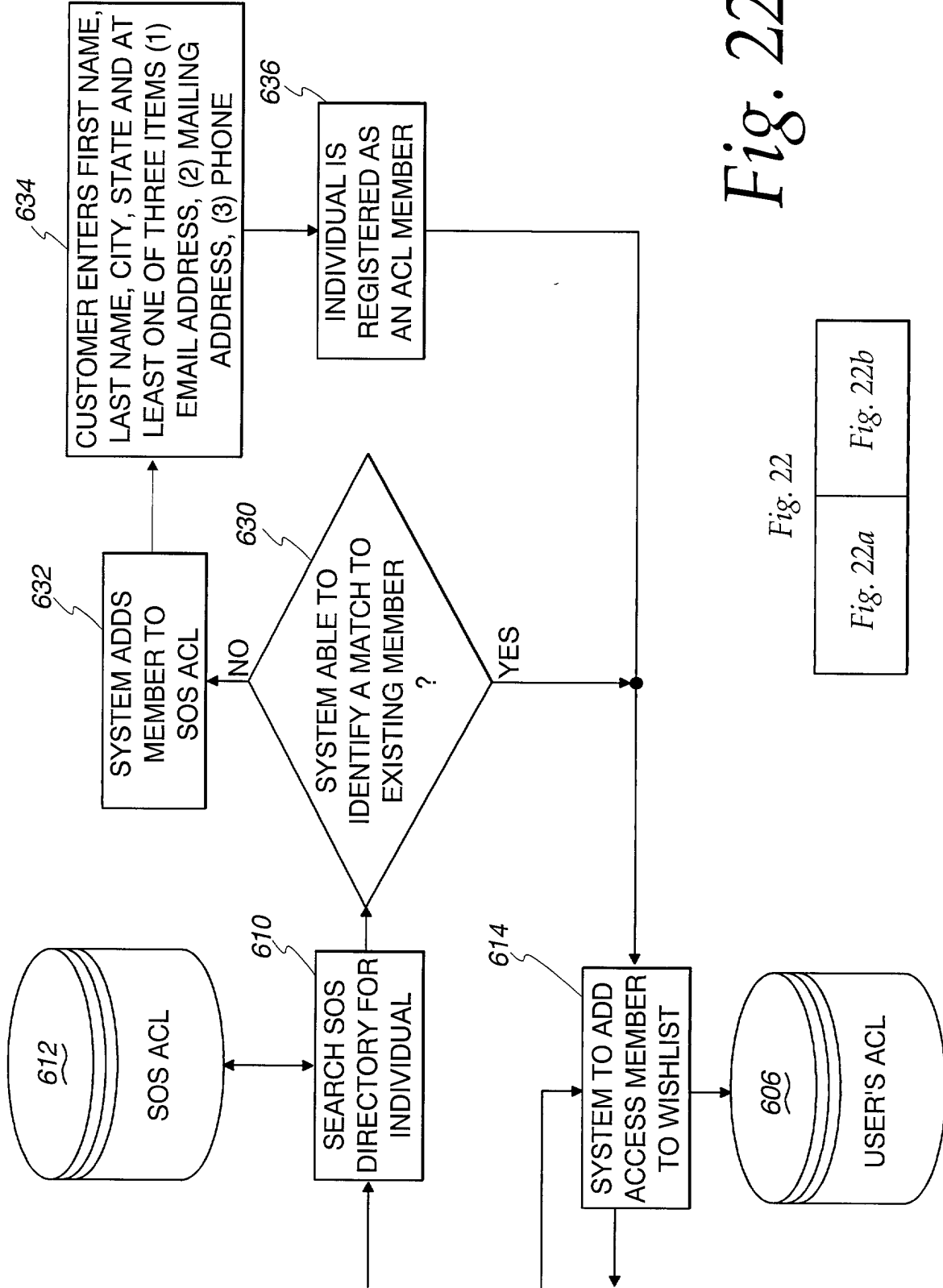


Fig. 22b

Fig. 22

Fig. 22a

Fig. 22b

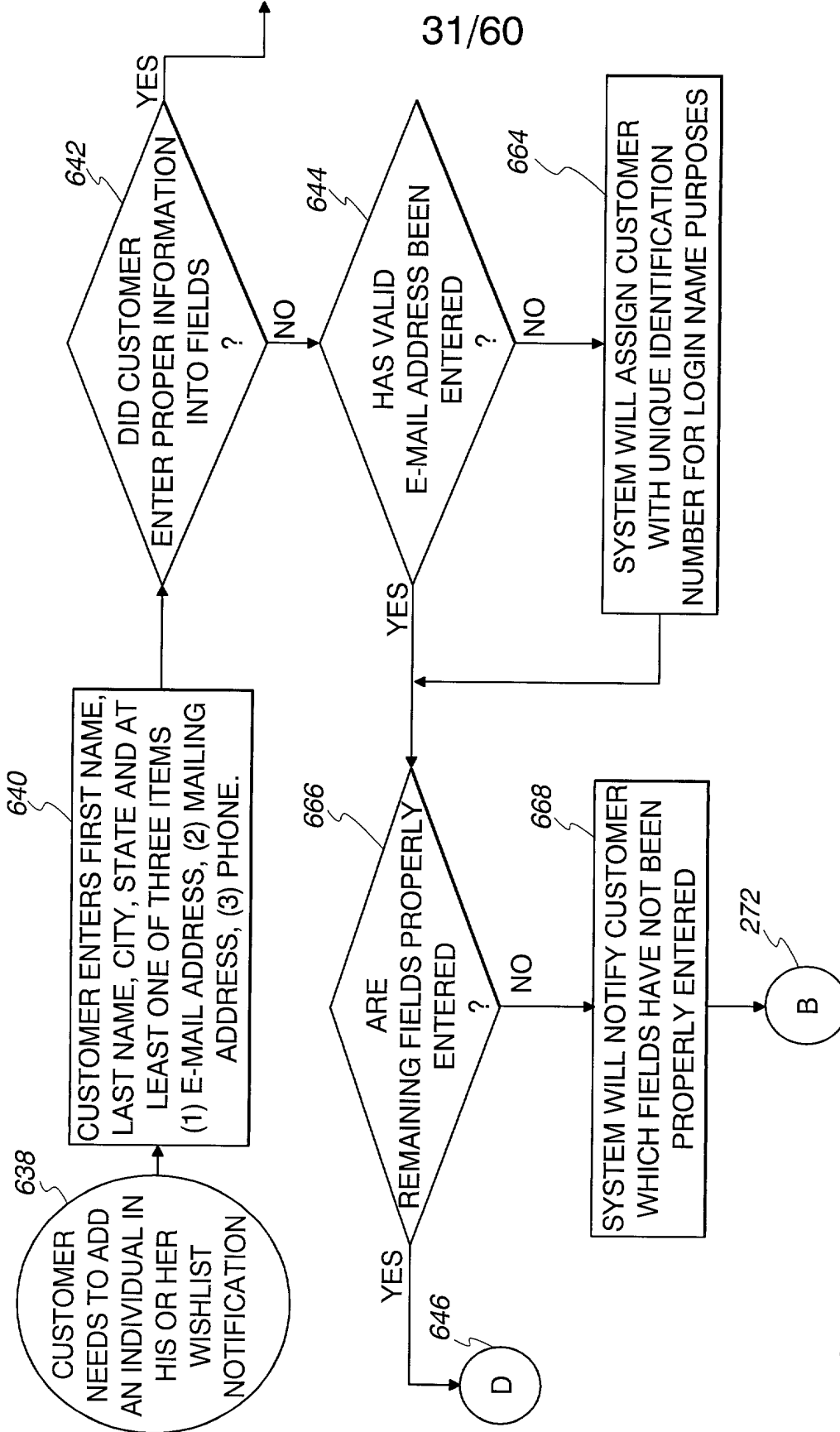


Fig. 23a

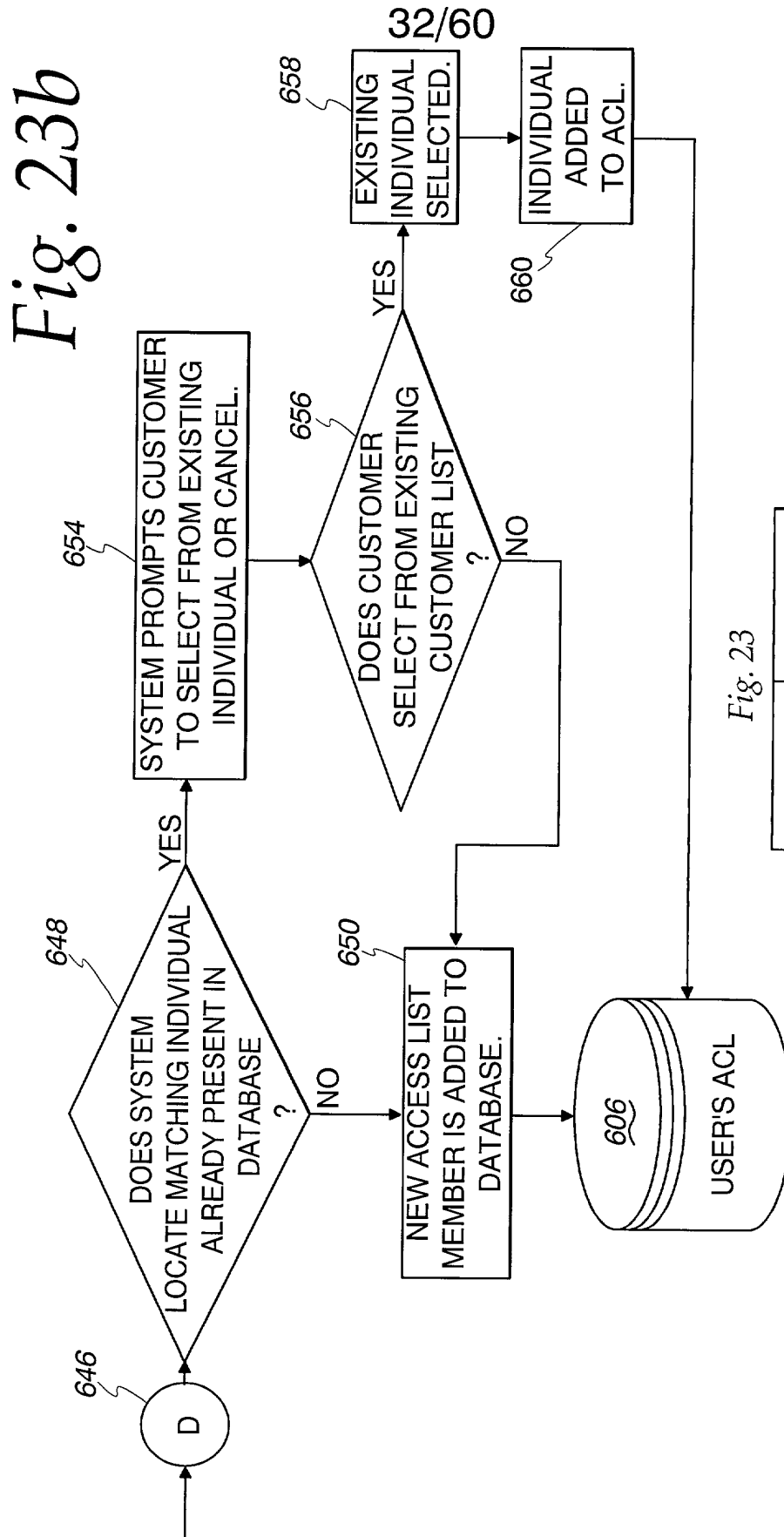
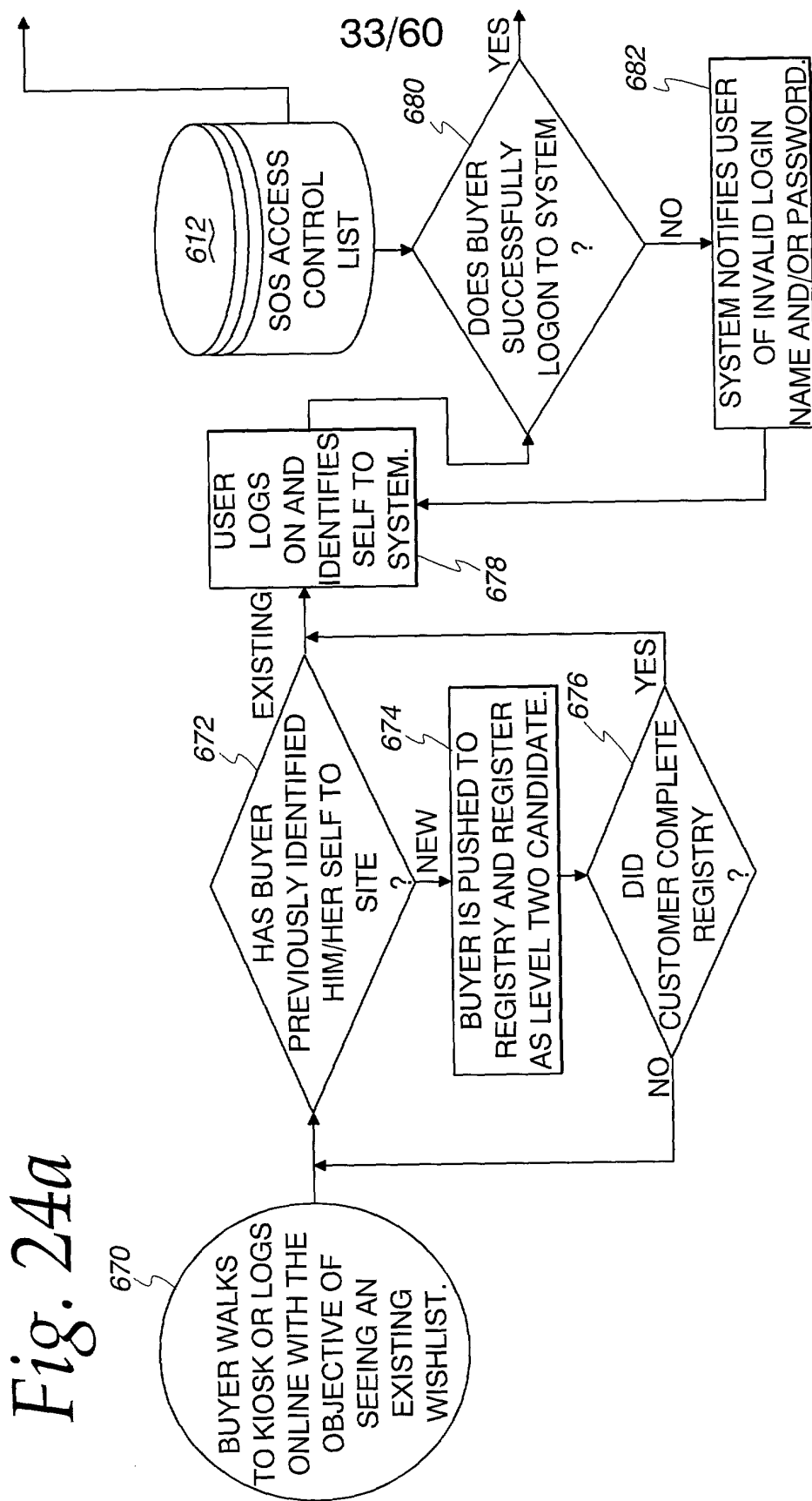


Fig. 23

Fig. 23a

Fig. 23b





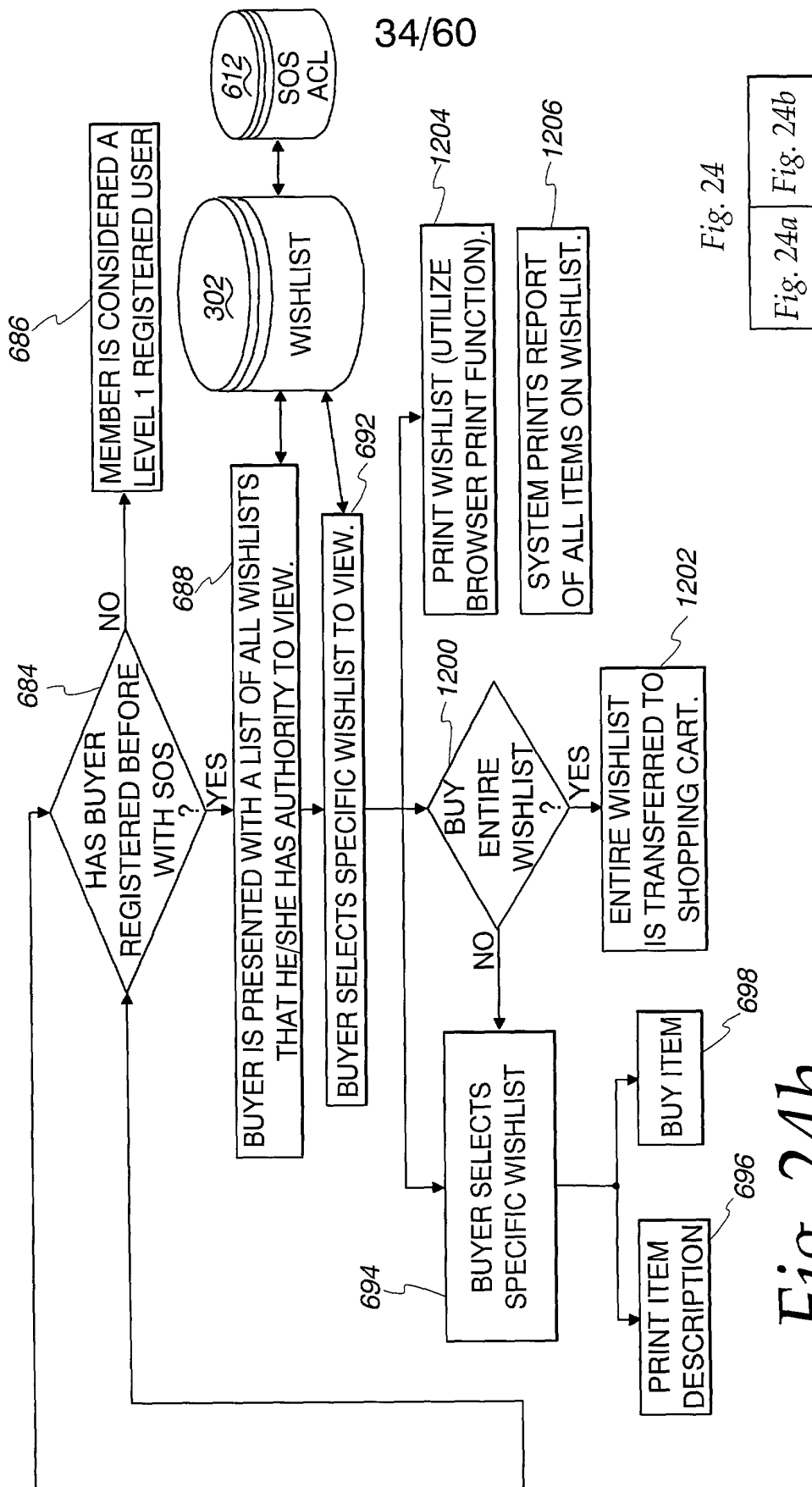


Fig. 24

Fig. 24a

Fig. 24b

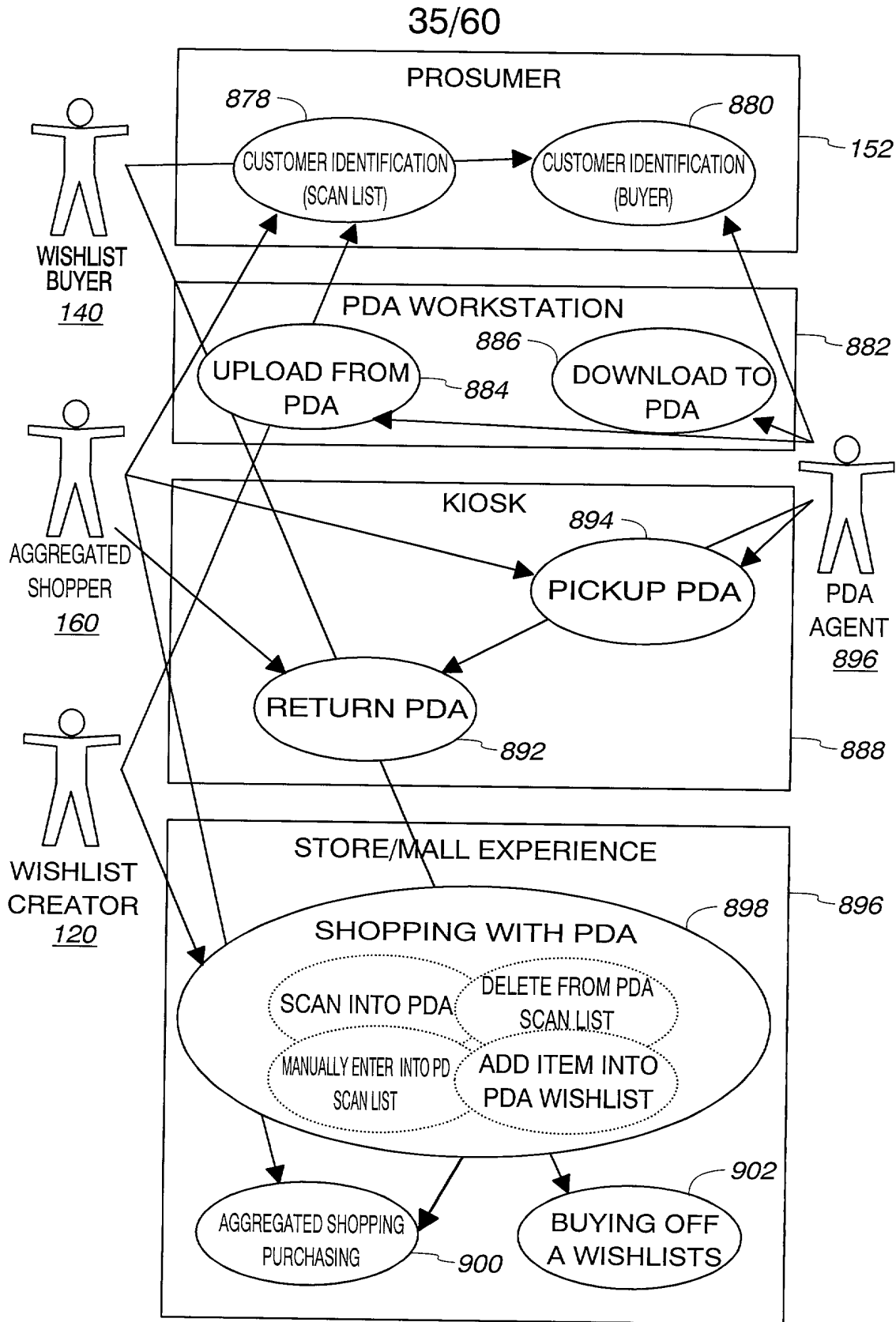
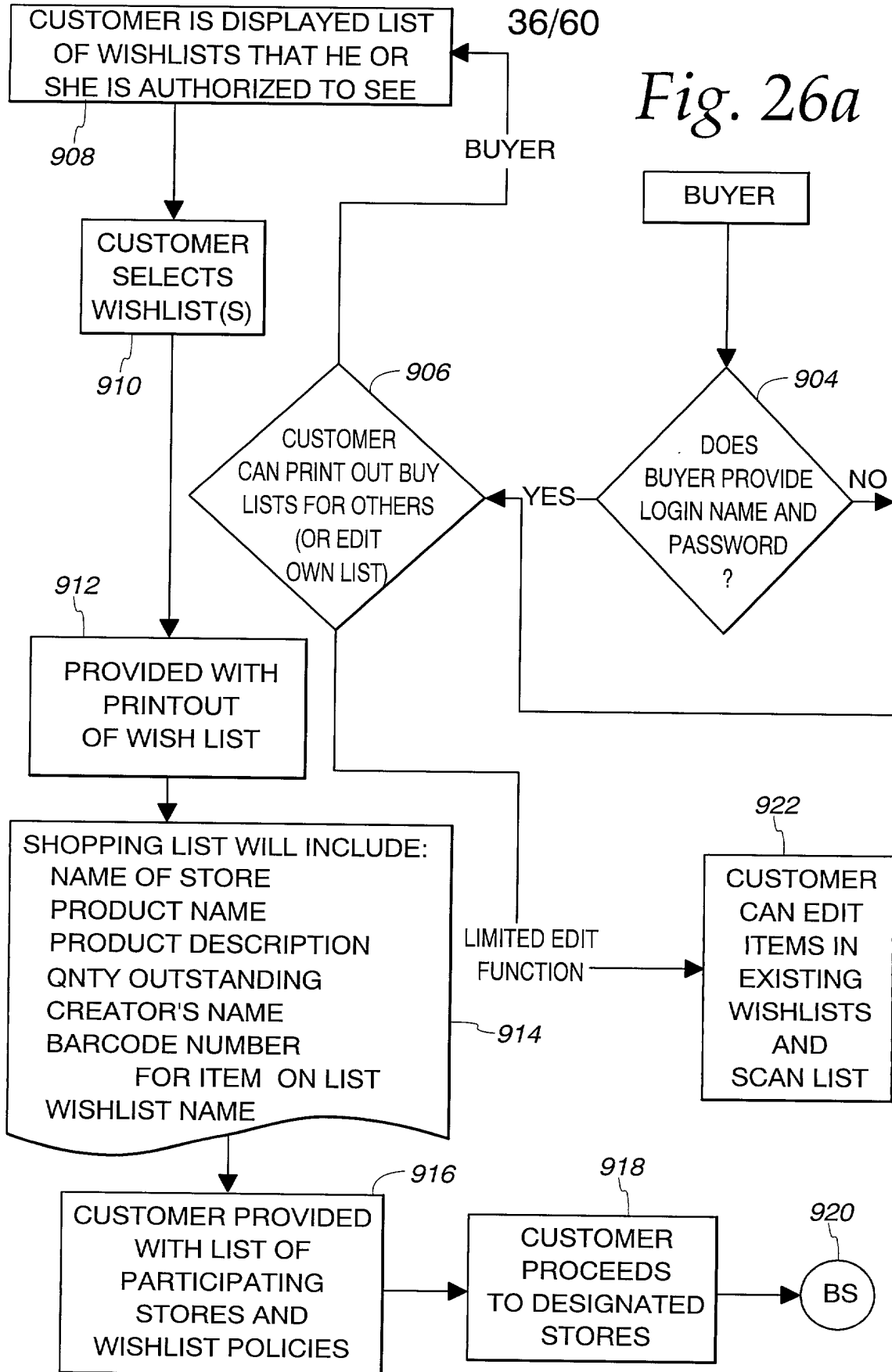


Fig. 25

Fig. 26a



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Fig. 26b

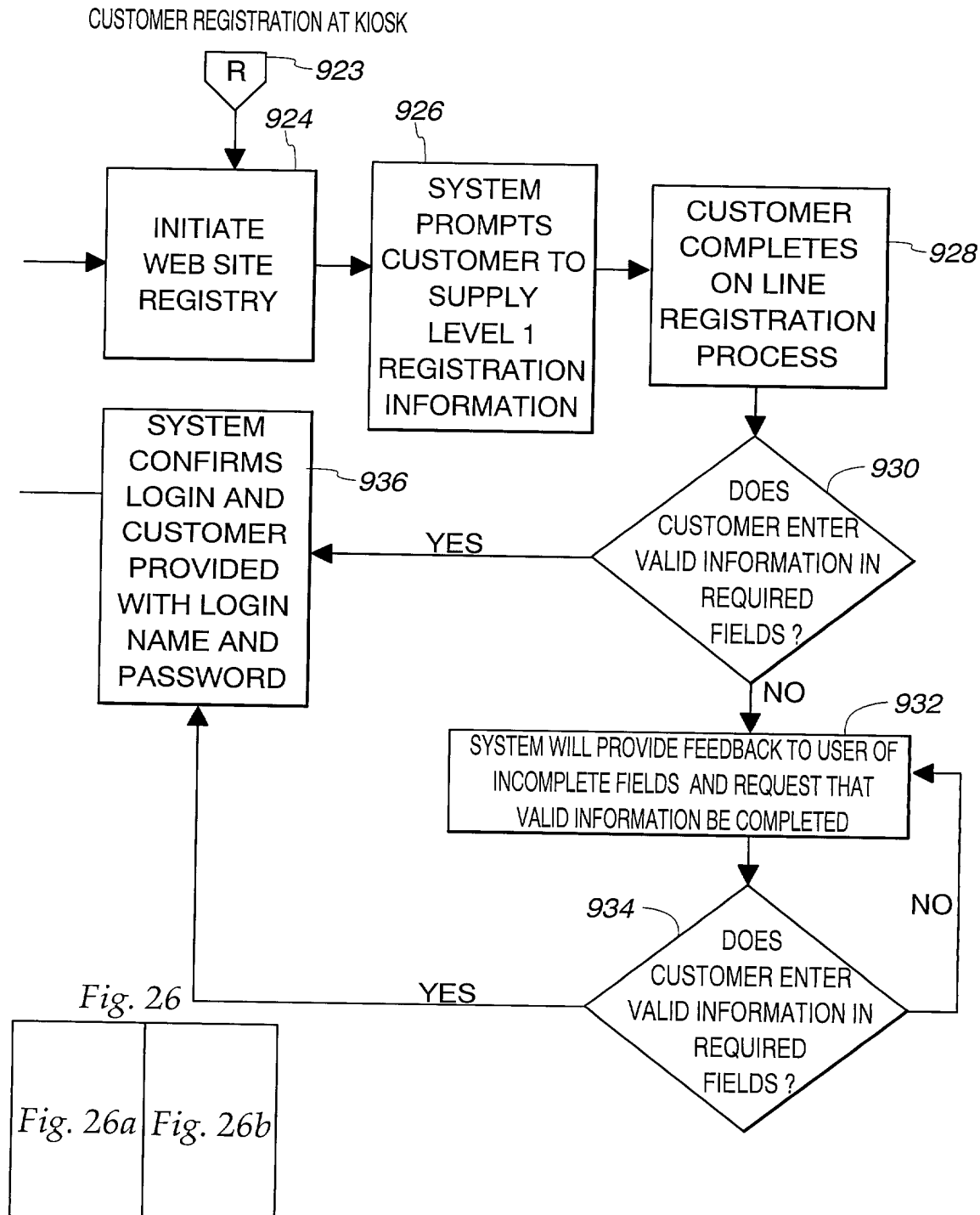
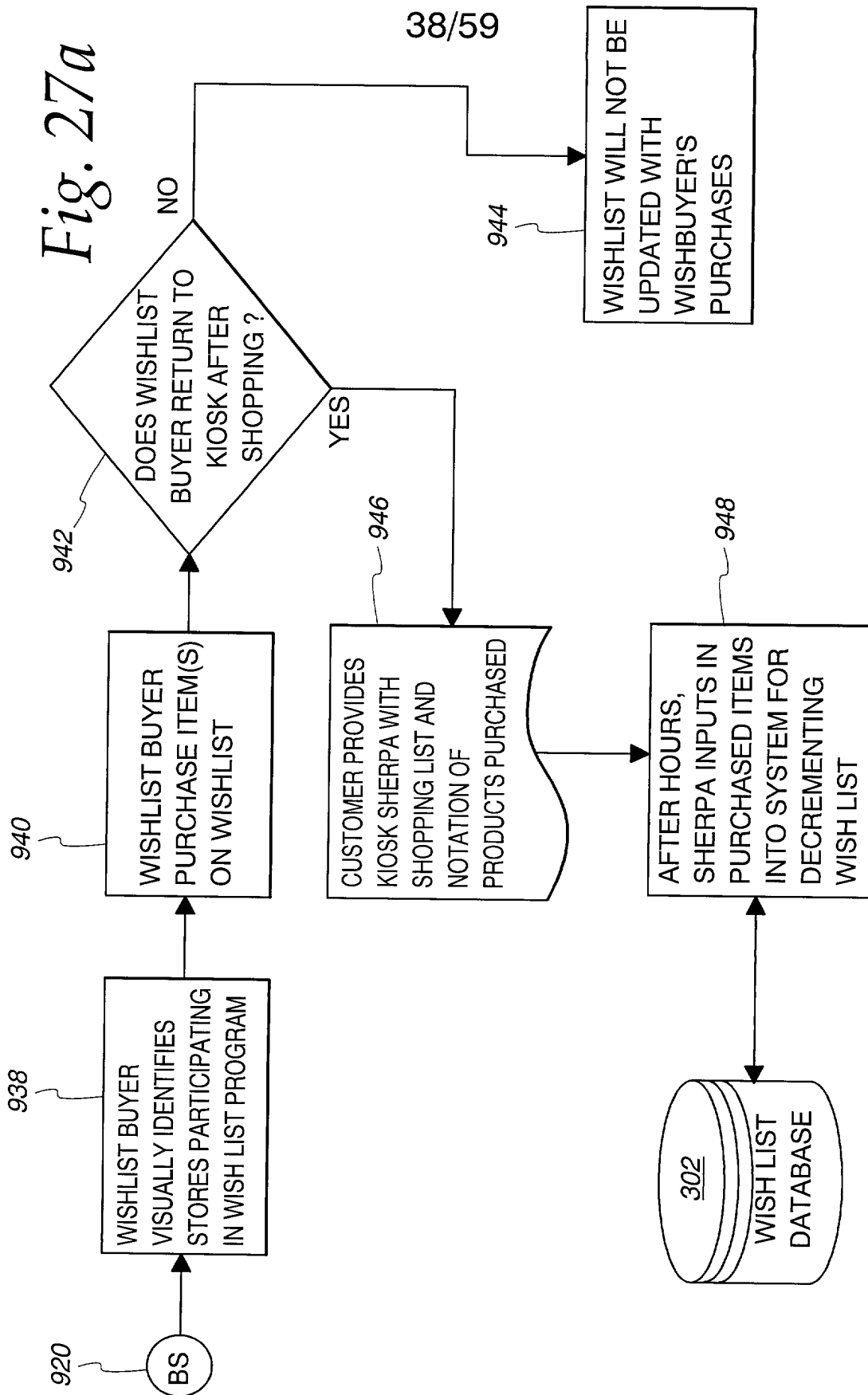
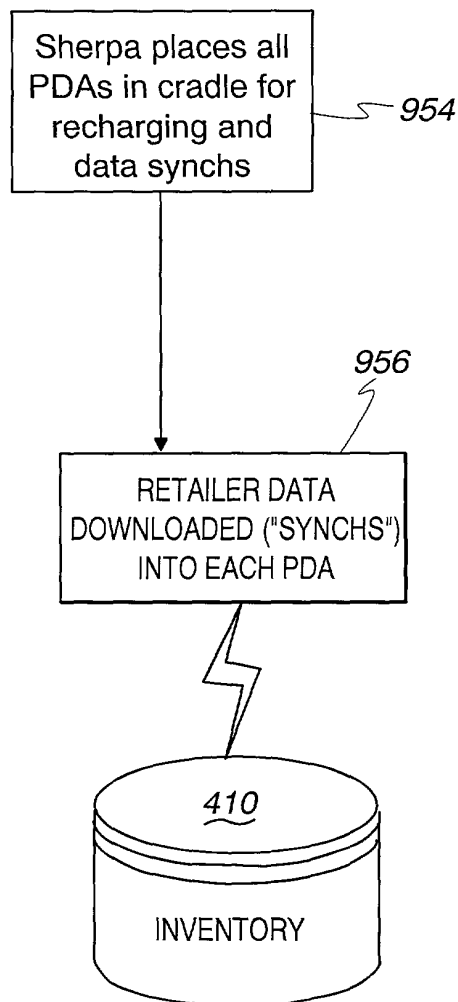


Fig. 27a



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Fig. 27b



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Fig. 28

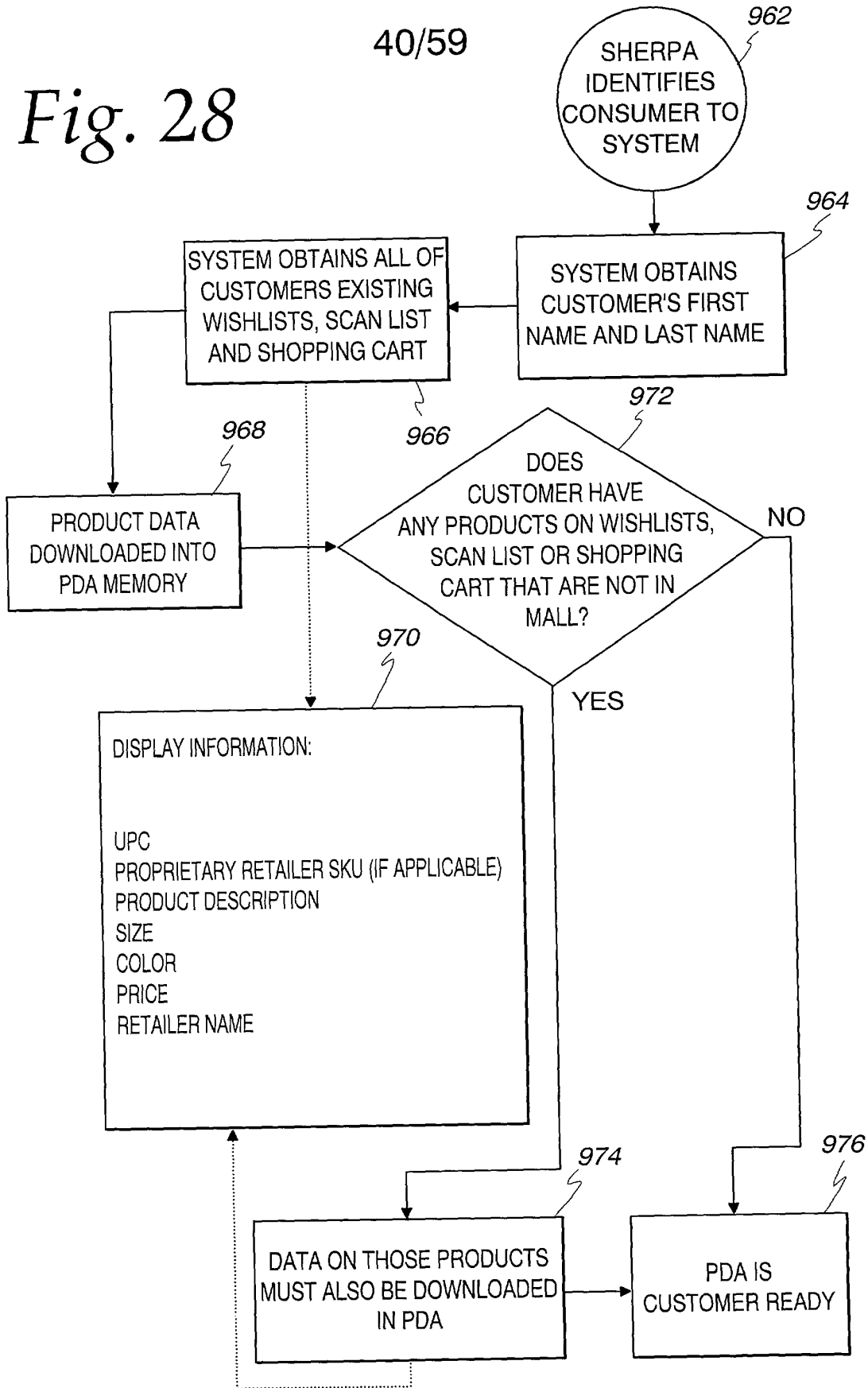




Fig. 29a Fig. 29b

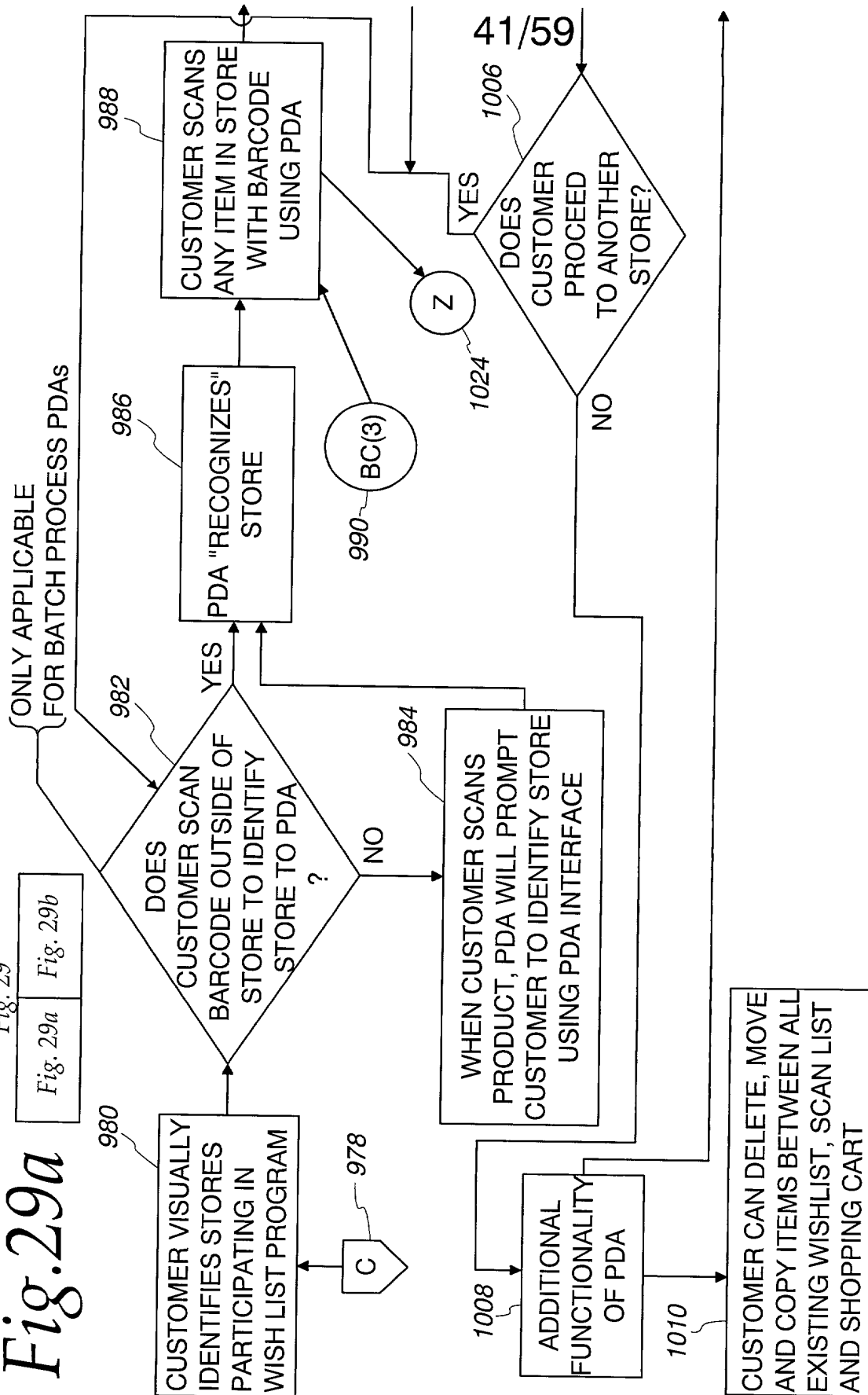
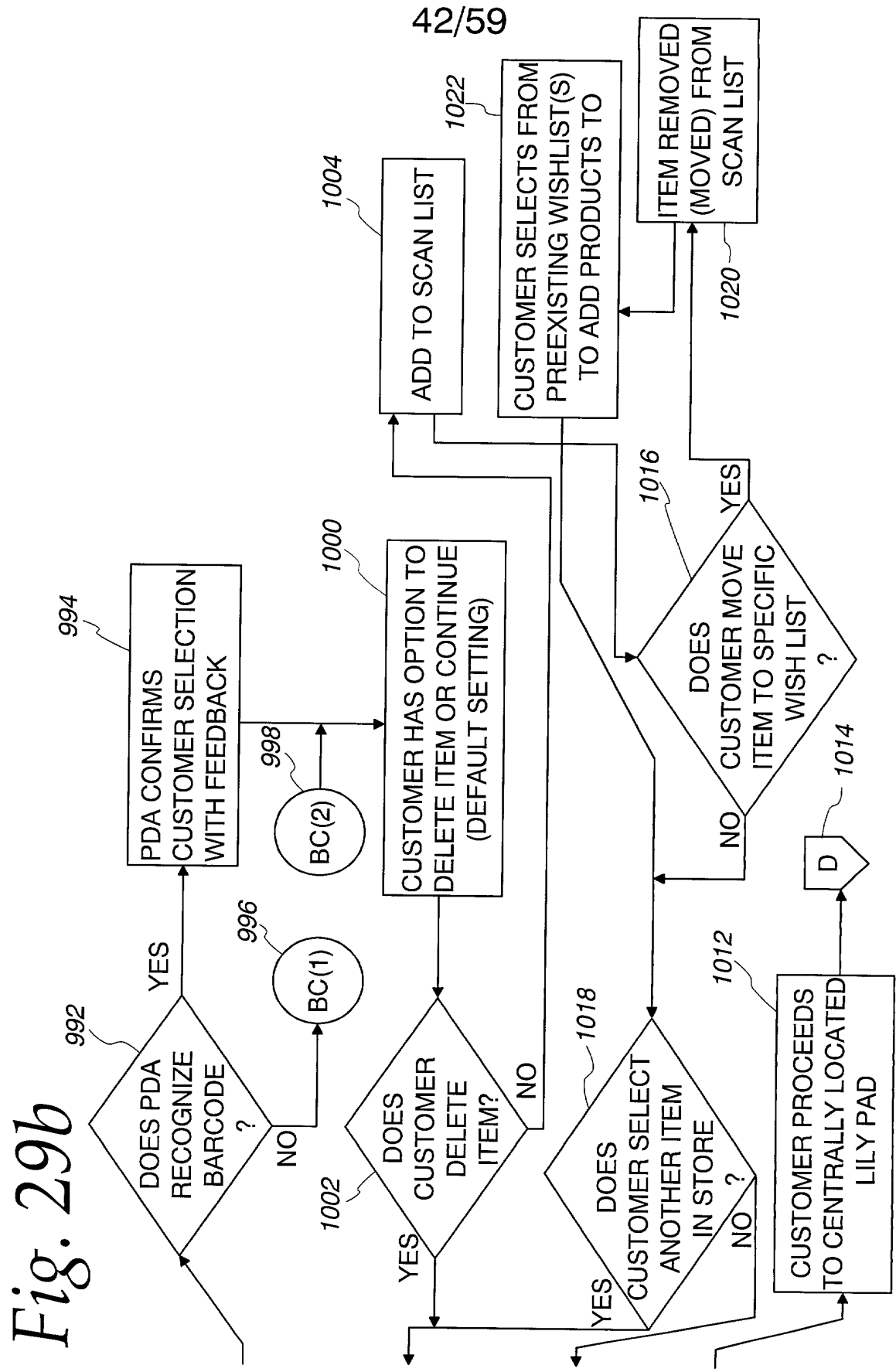


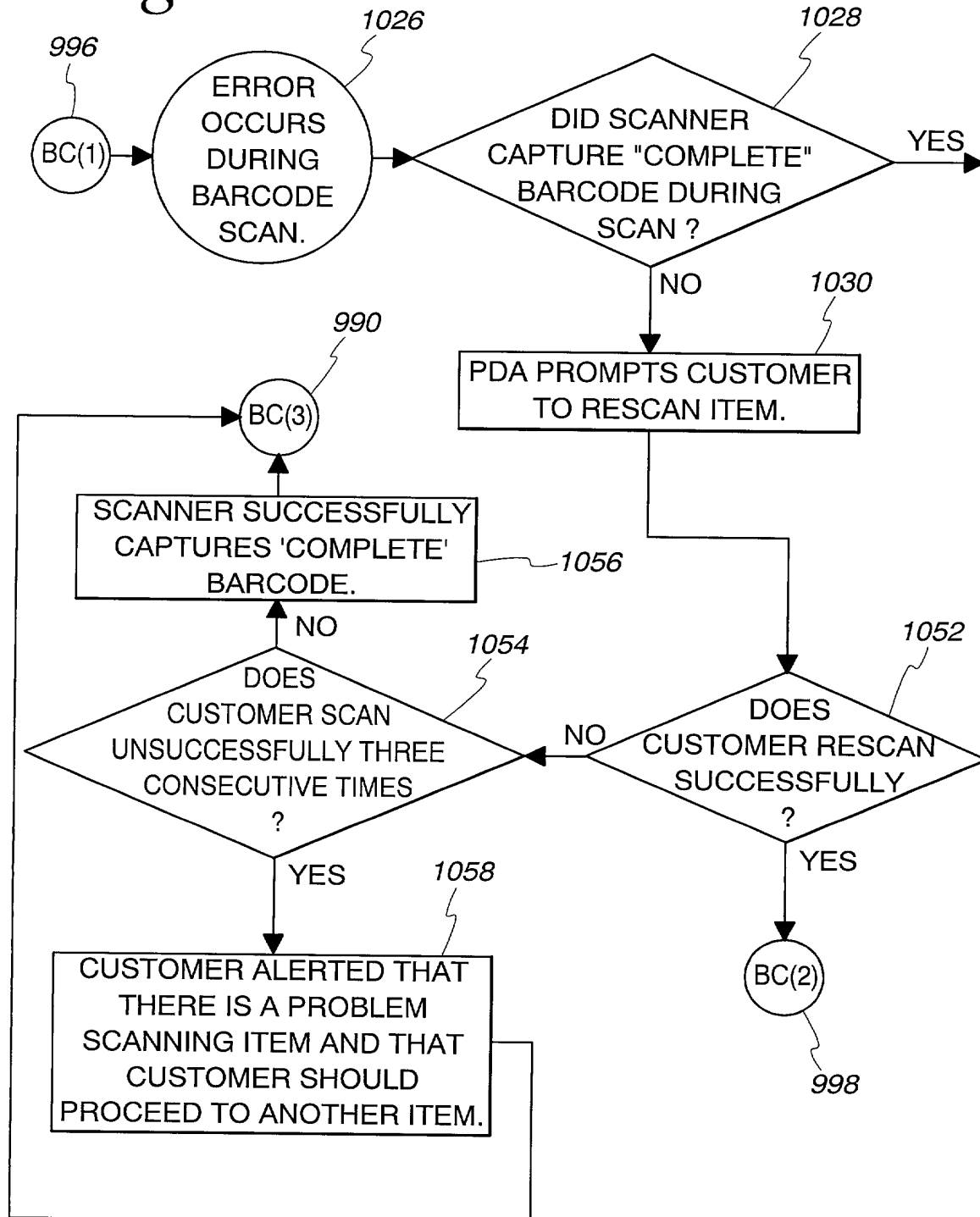
Fig. 29b



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Fig. 30a

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Fig. 30b

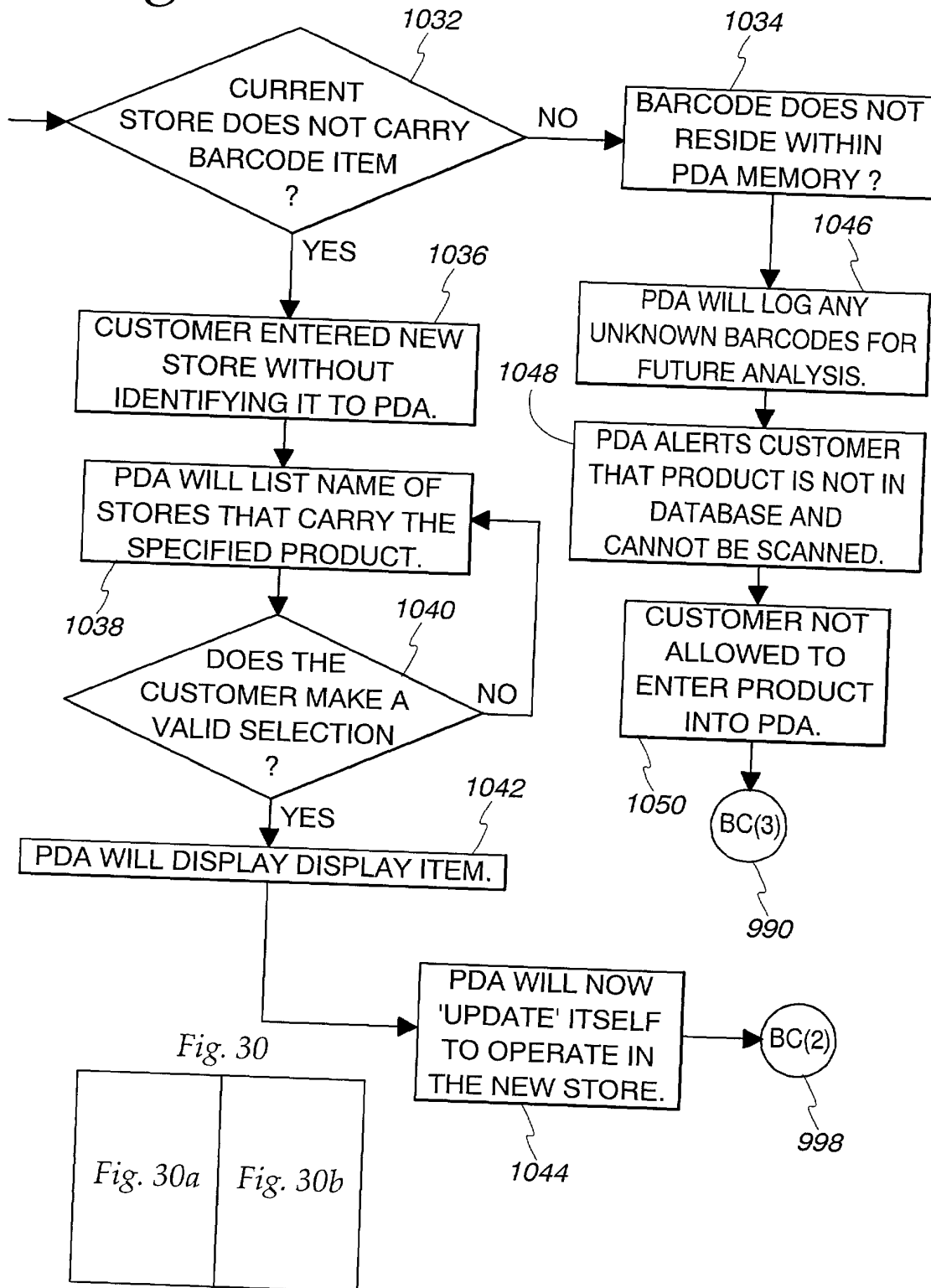
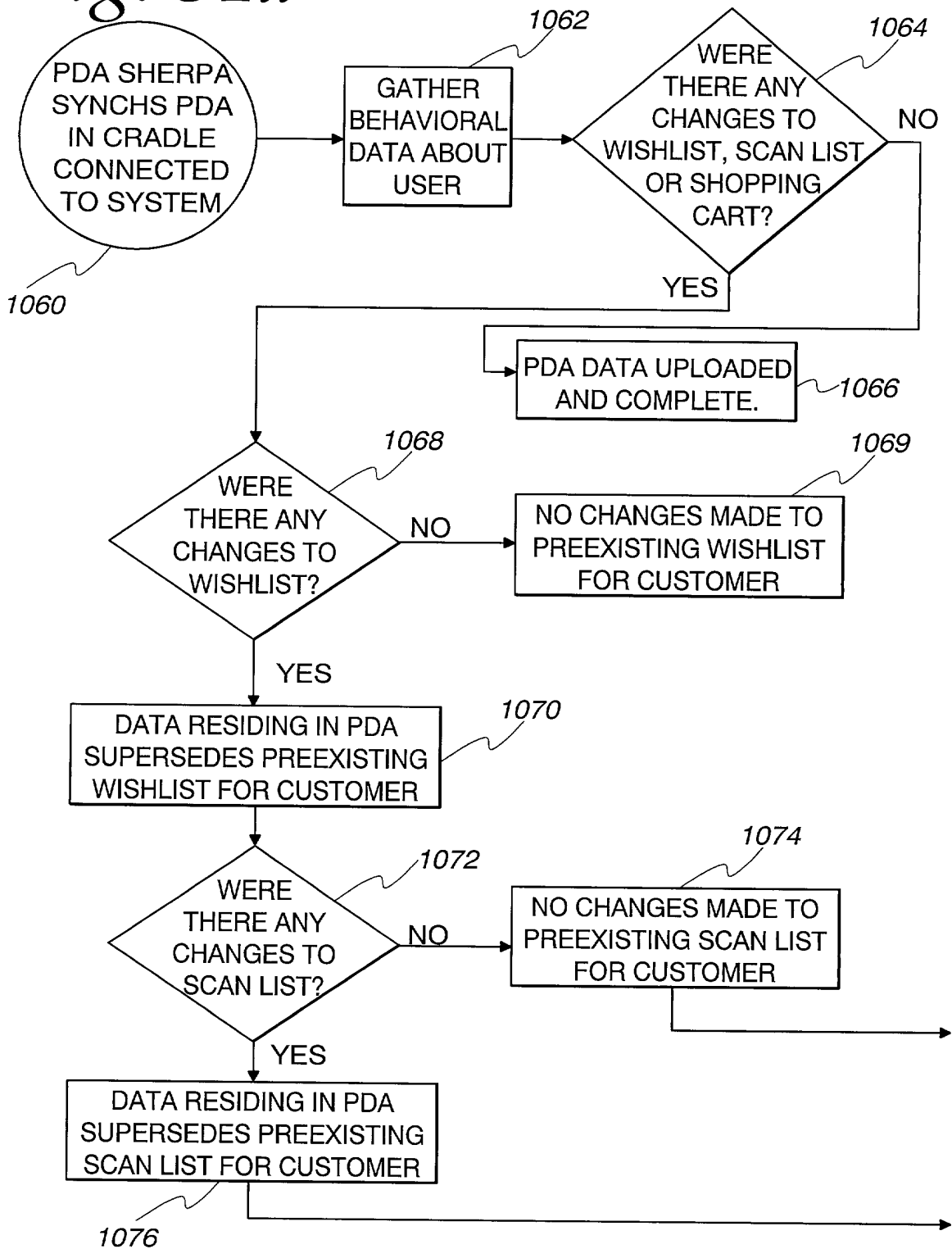
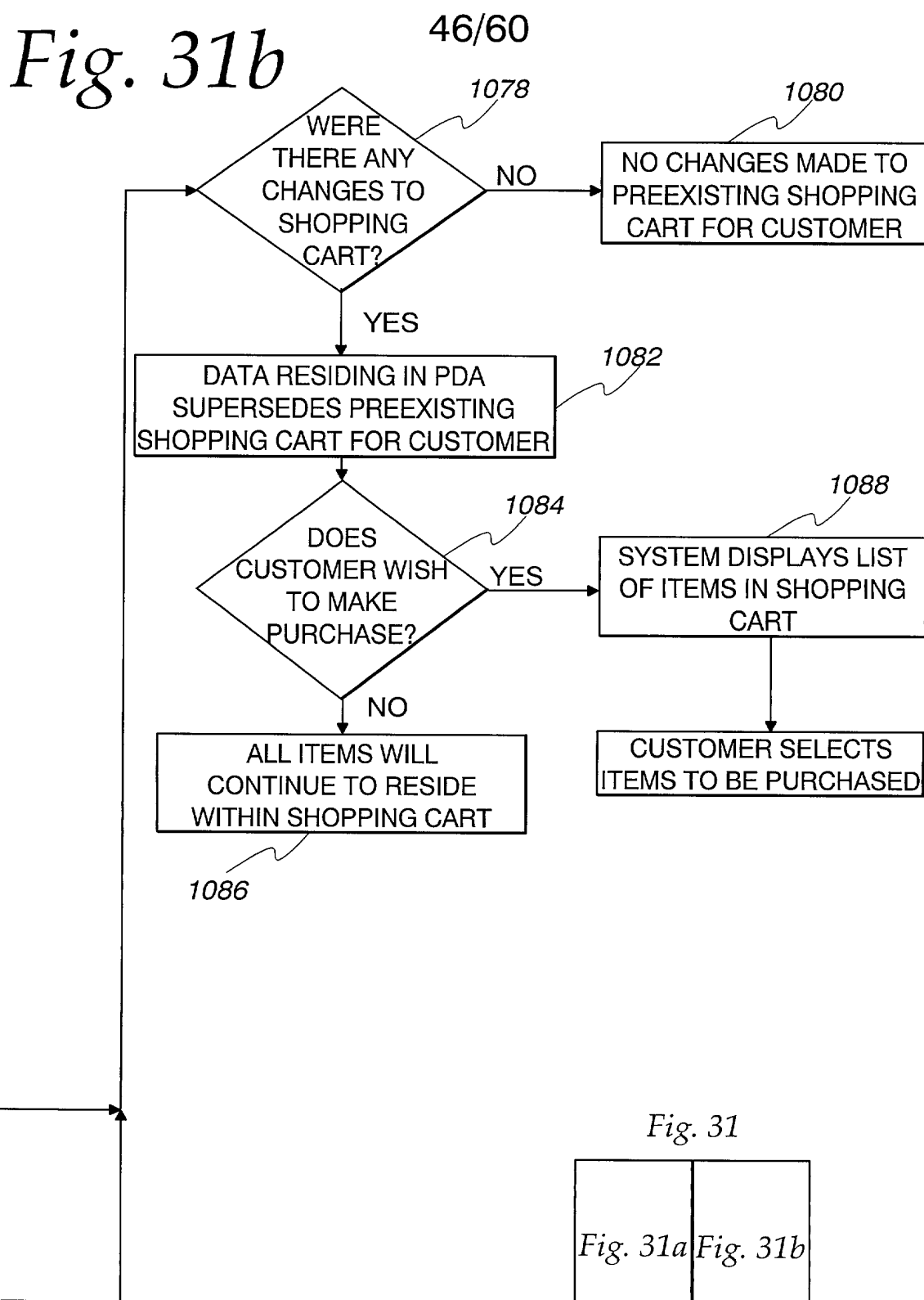


Fig. 31a

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*Fig. 31*

*Fig. 31a Fig. 31b*

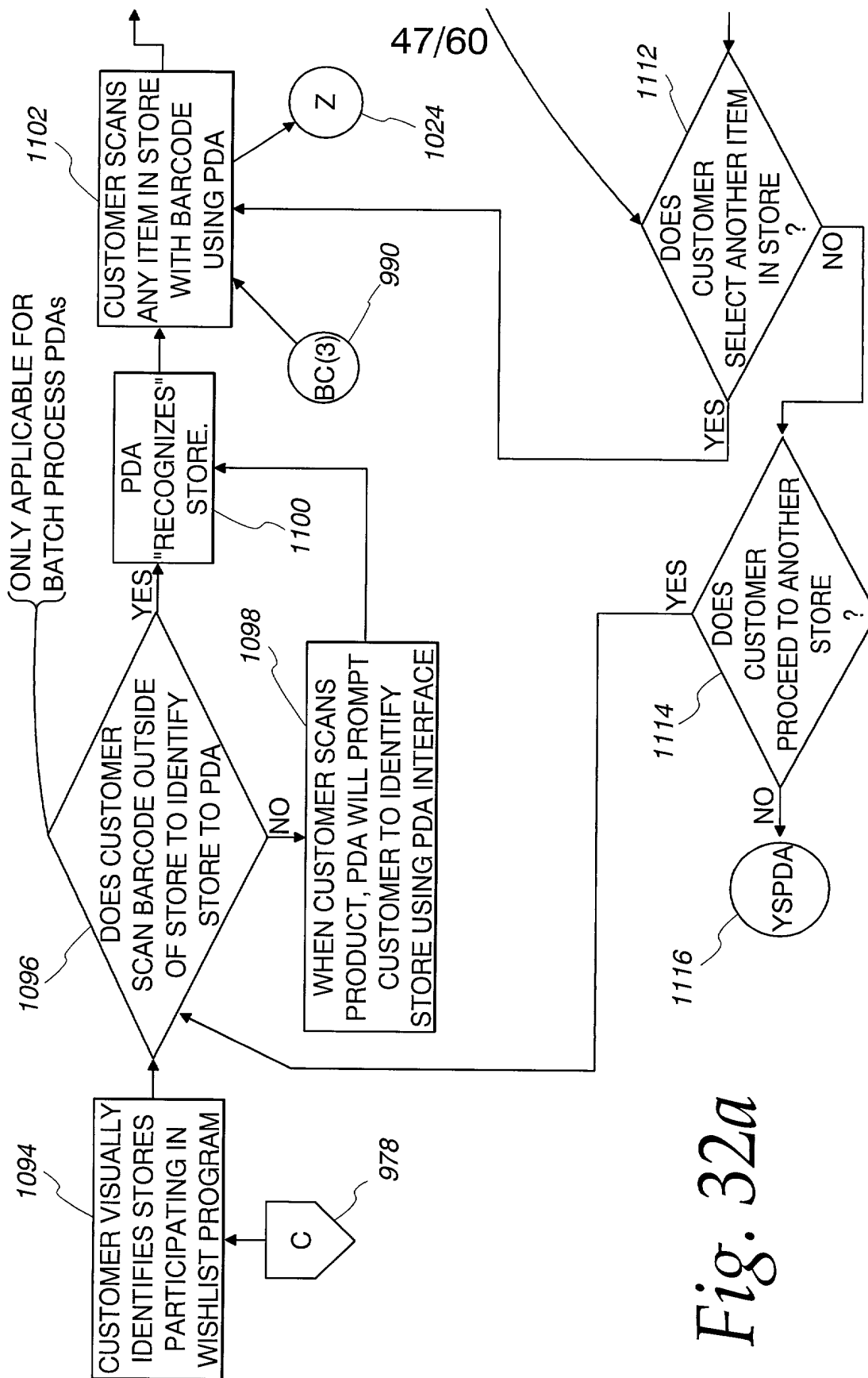


Fig. 32a

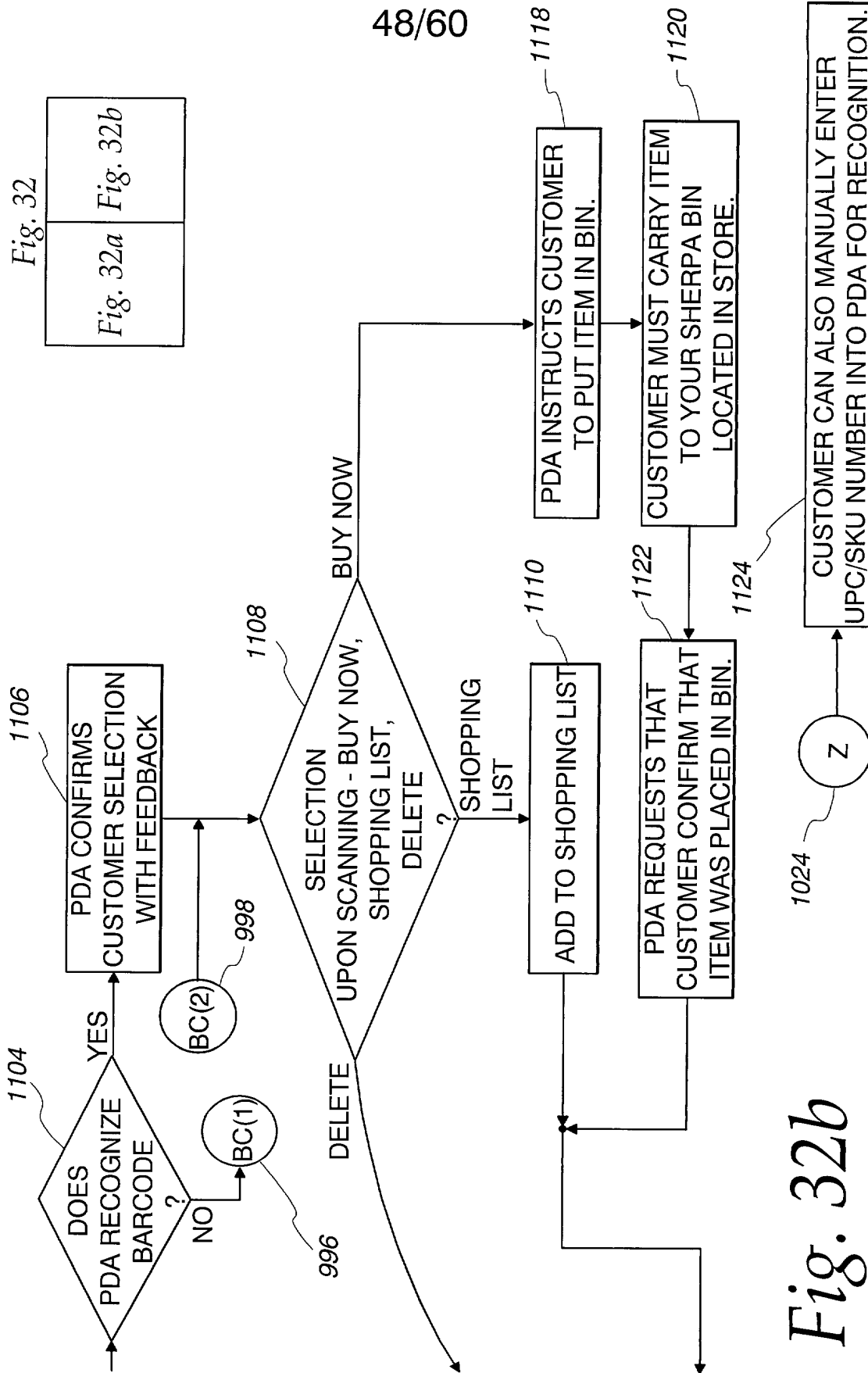
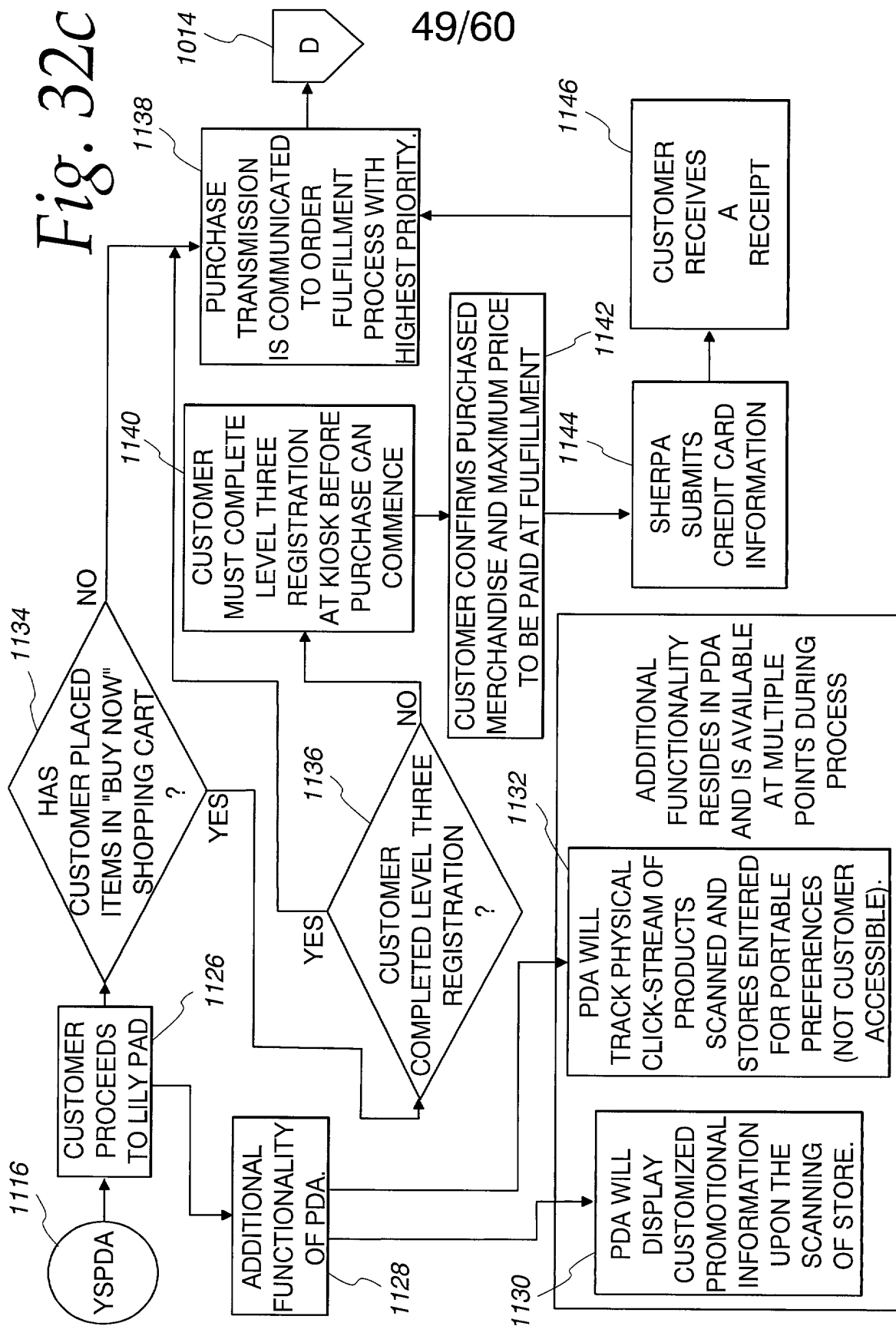


Fig. 32b



Fig. 32c

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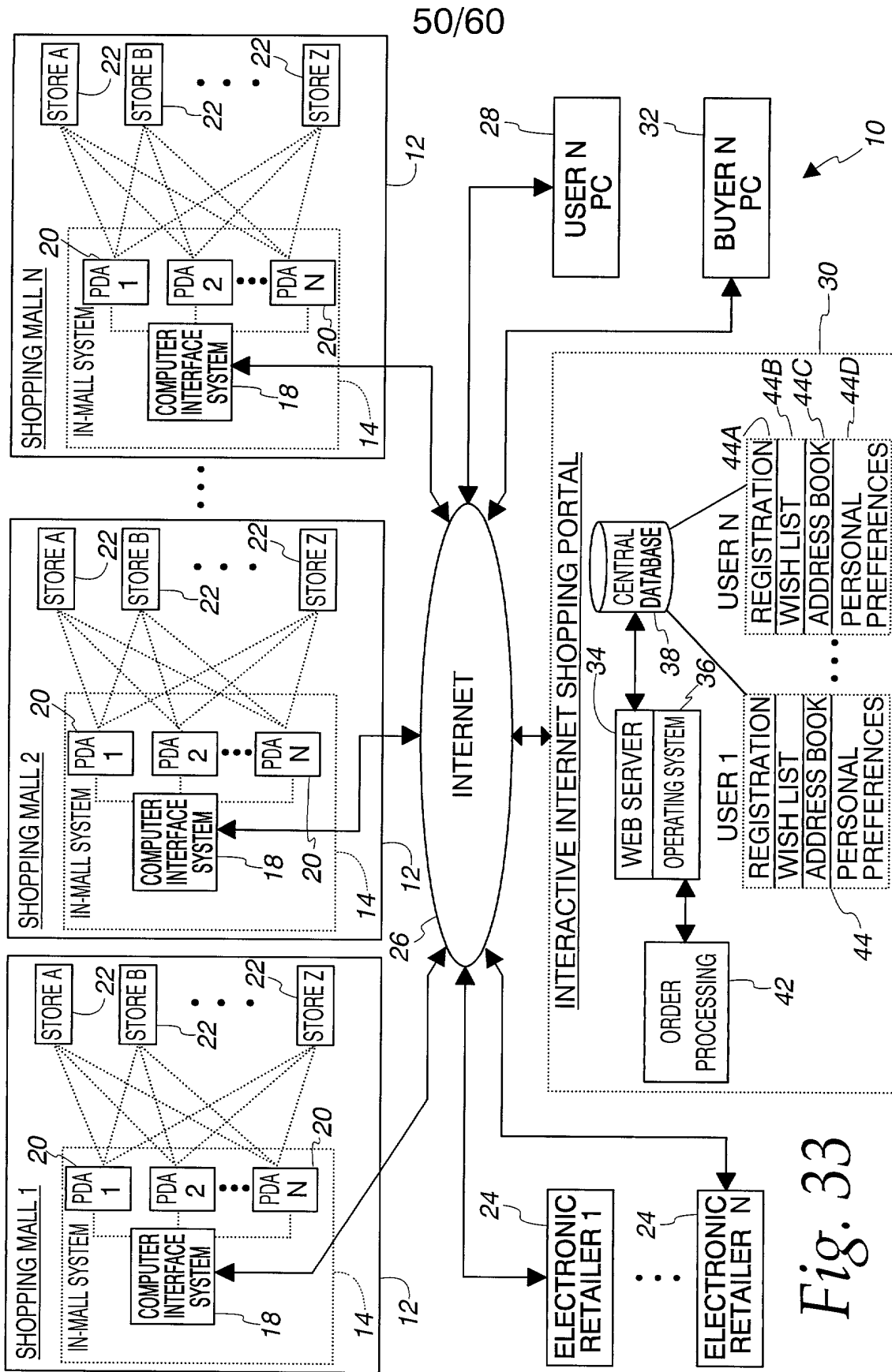


Fig. 33

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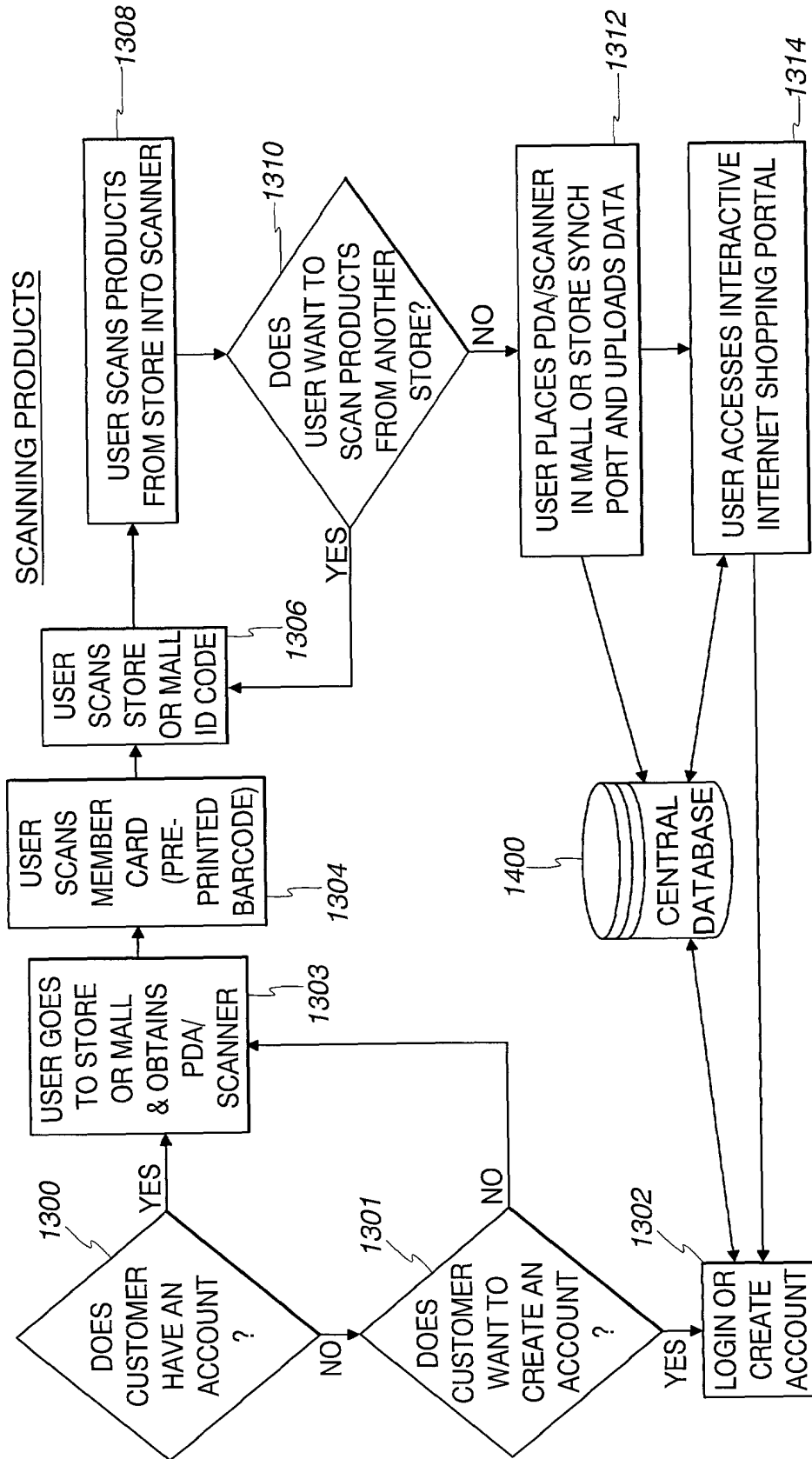


Fig. 34a

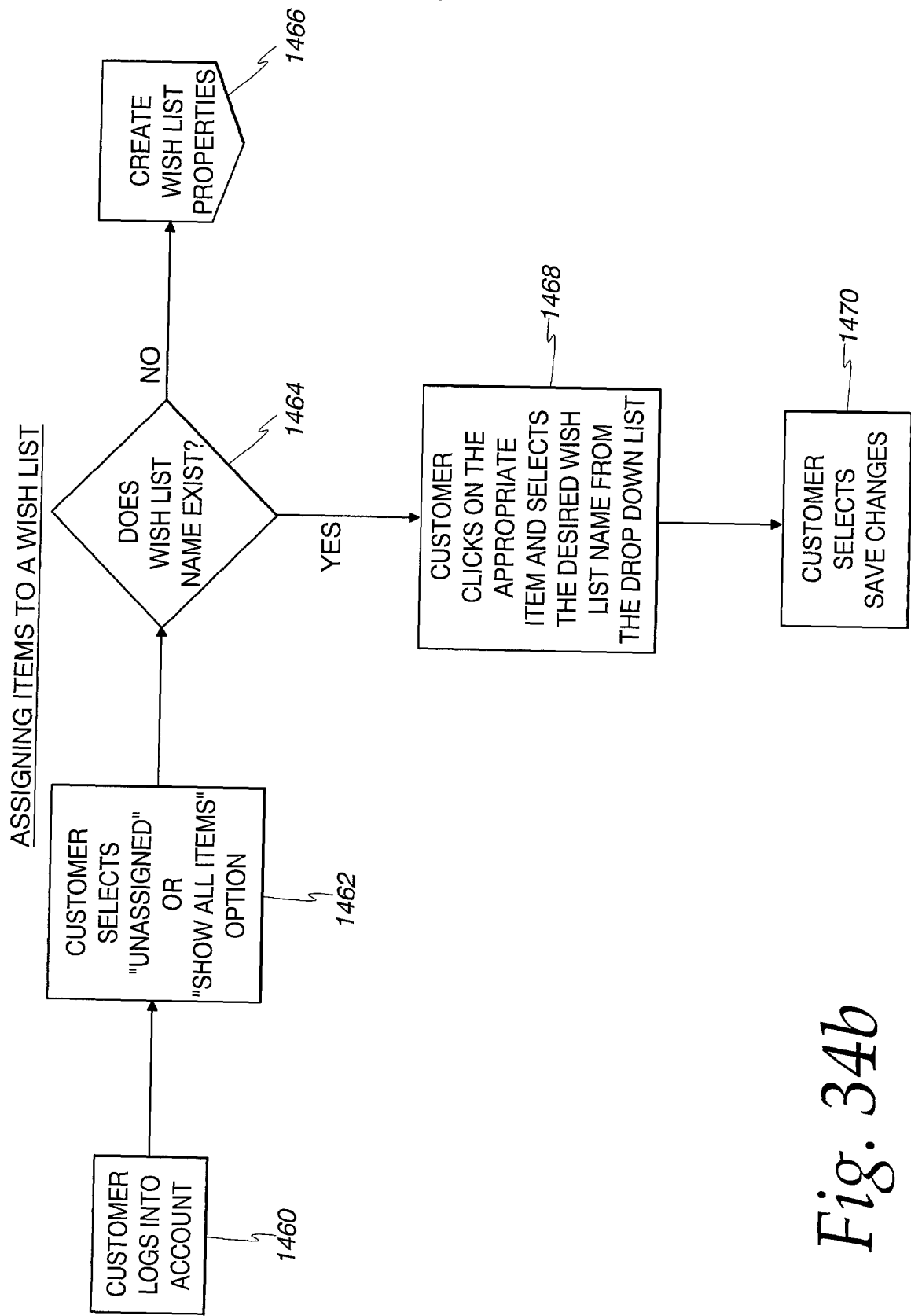


Fig. 34b

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ACCOUNT REGISTRATION

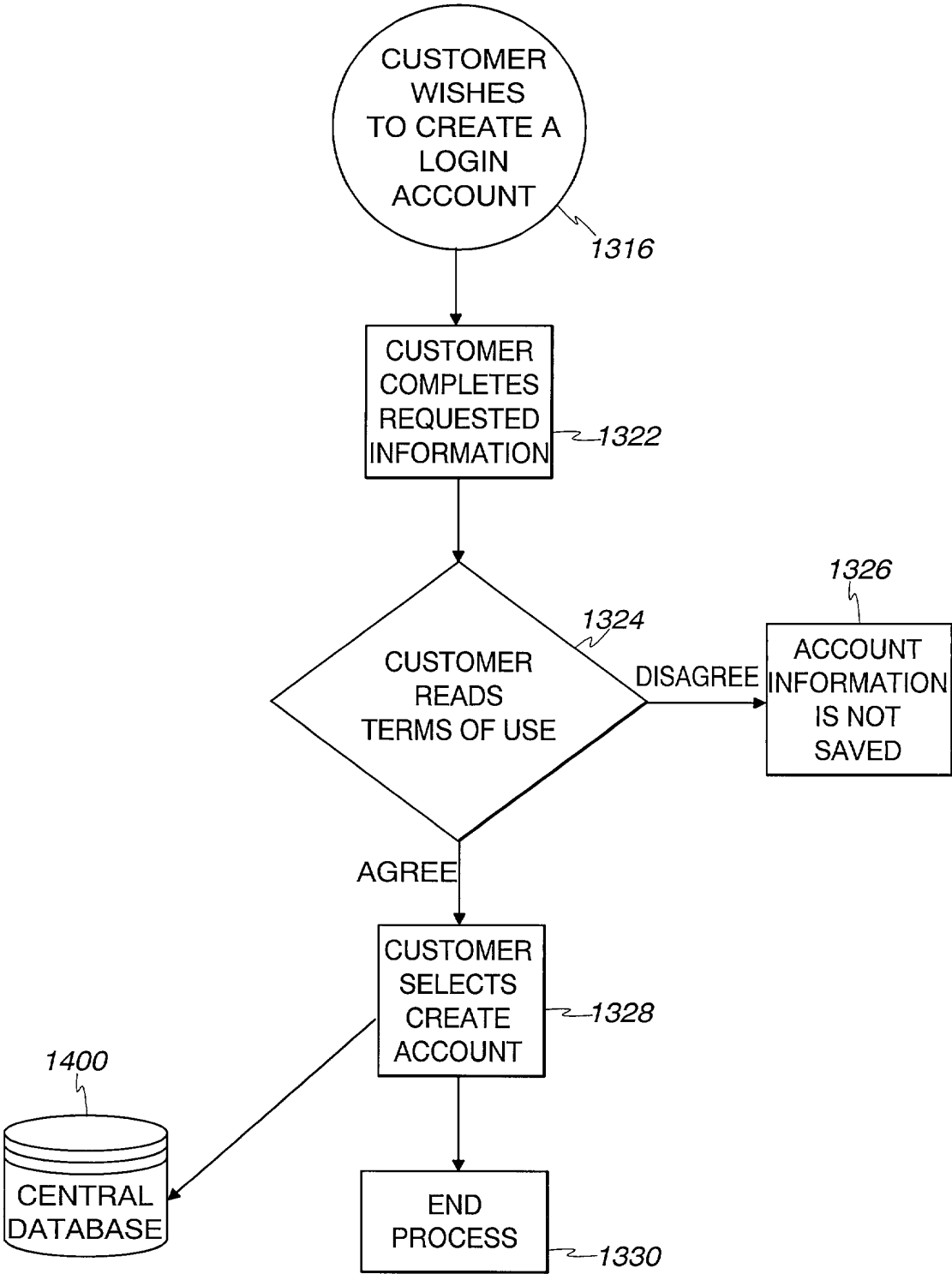


Fig. 35

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PERSONAL PREFERENCES

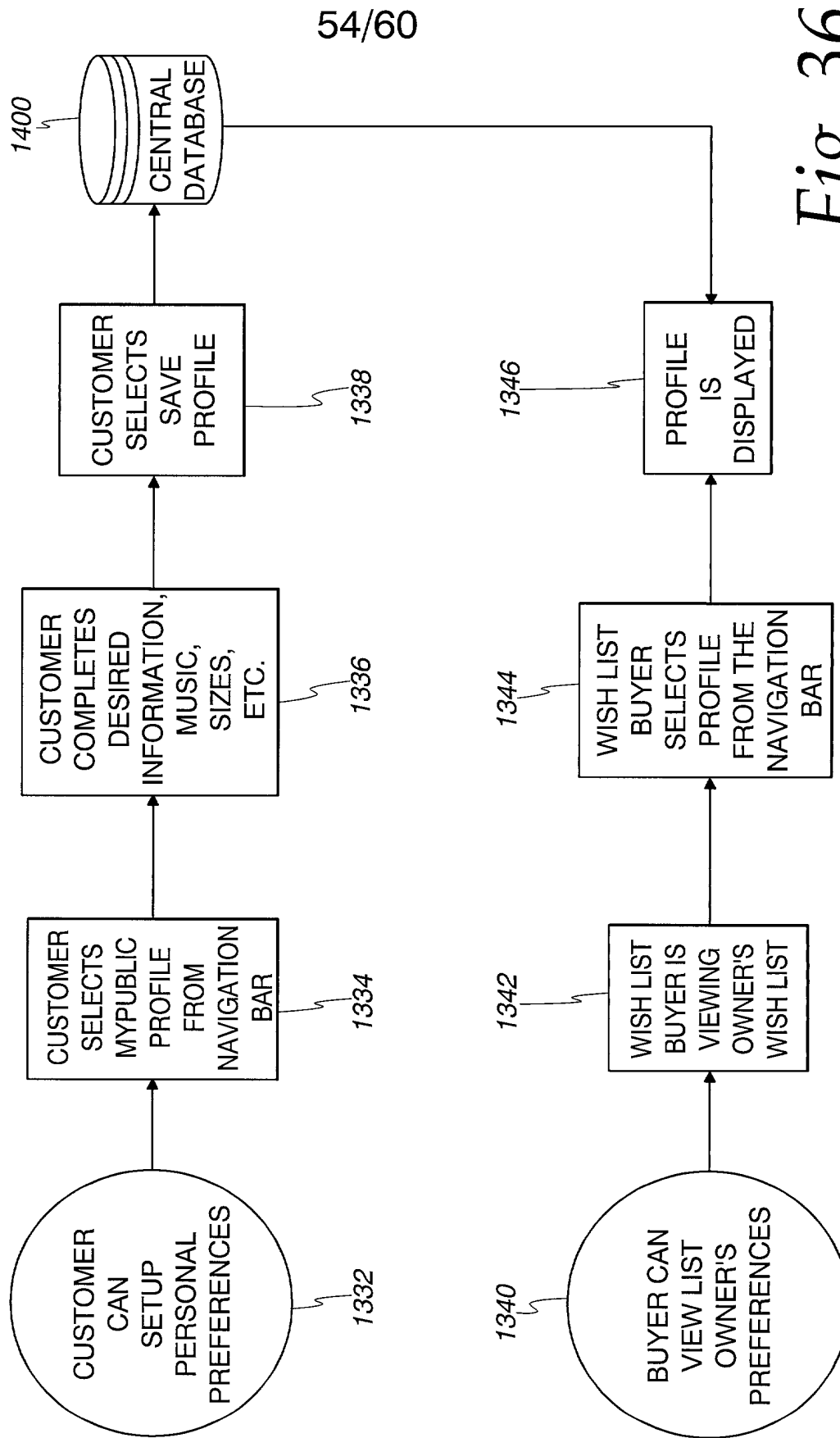


Fig. 36

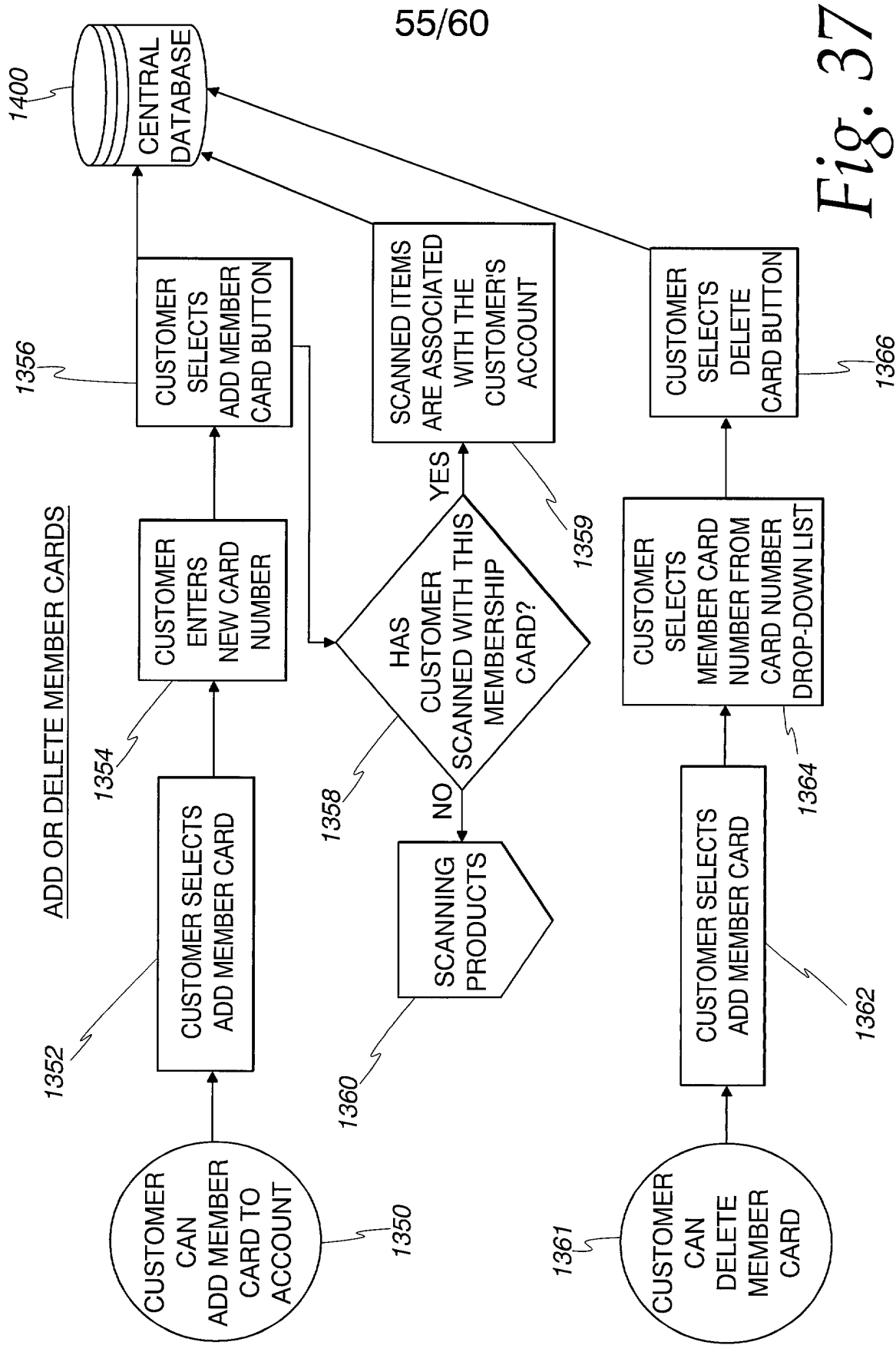
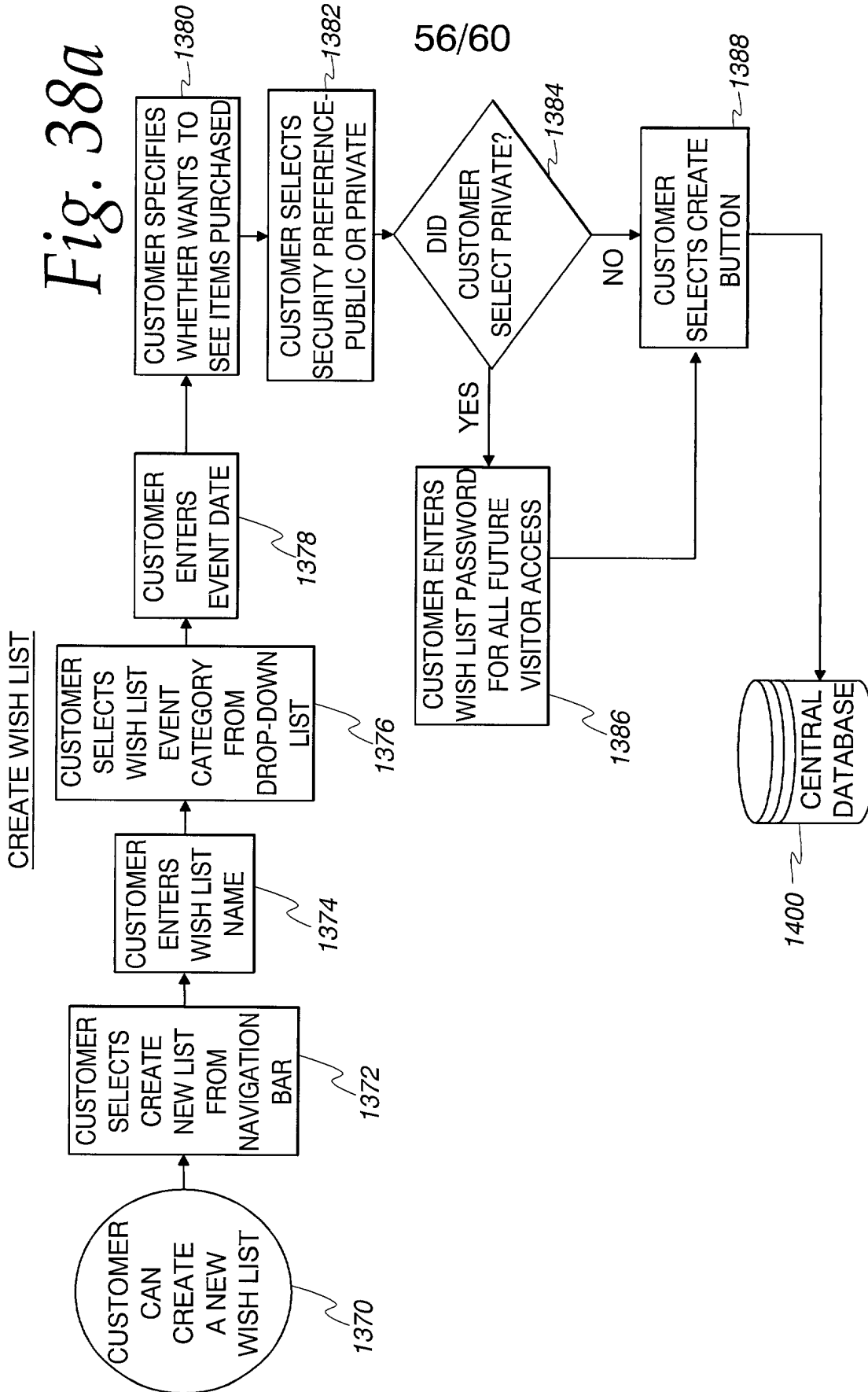


Fig. 38a





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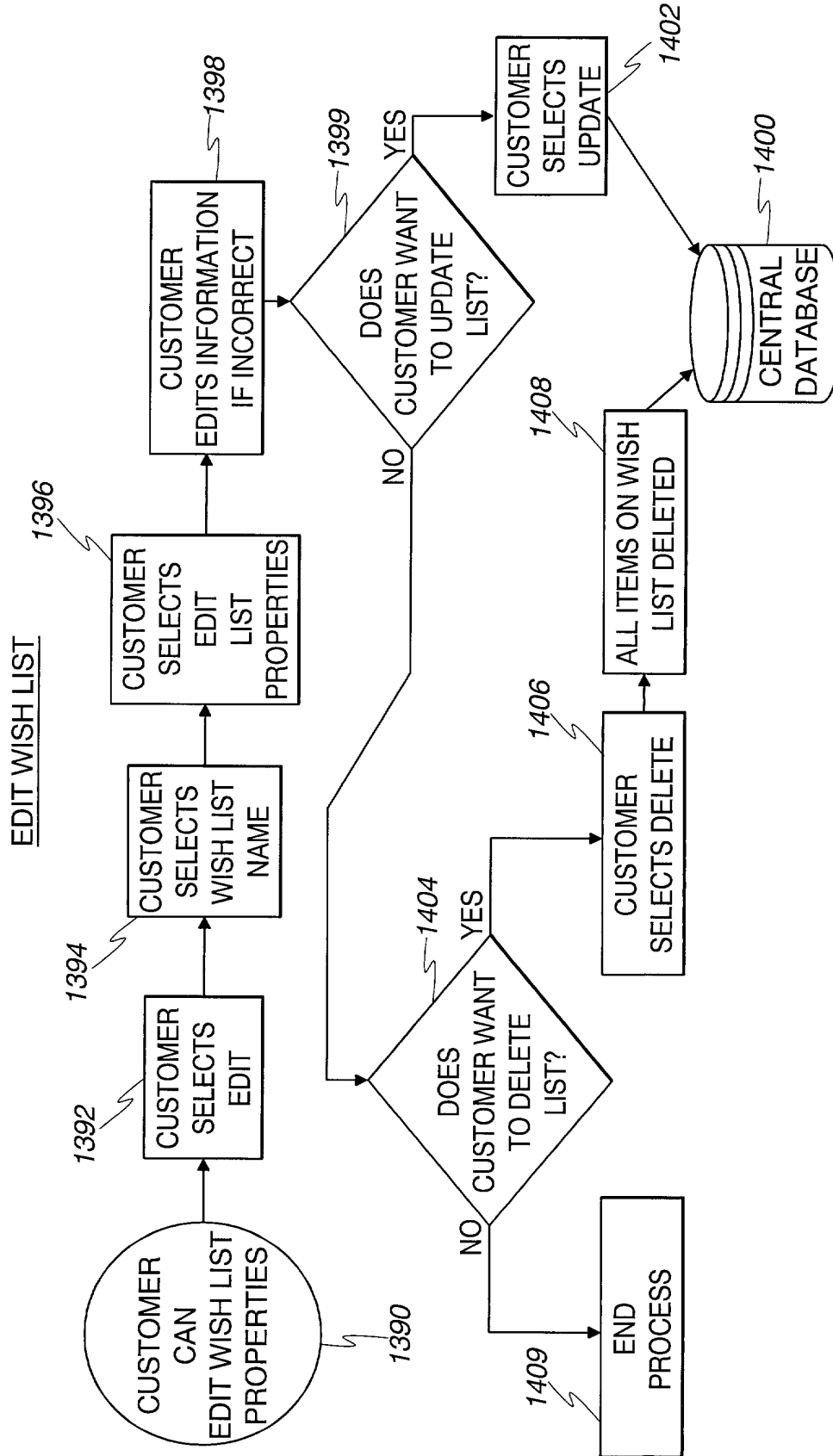
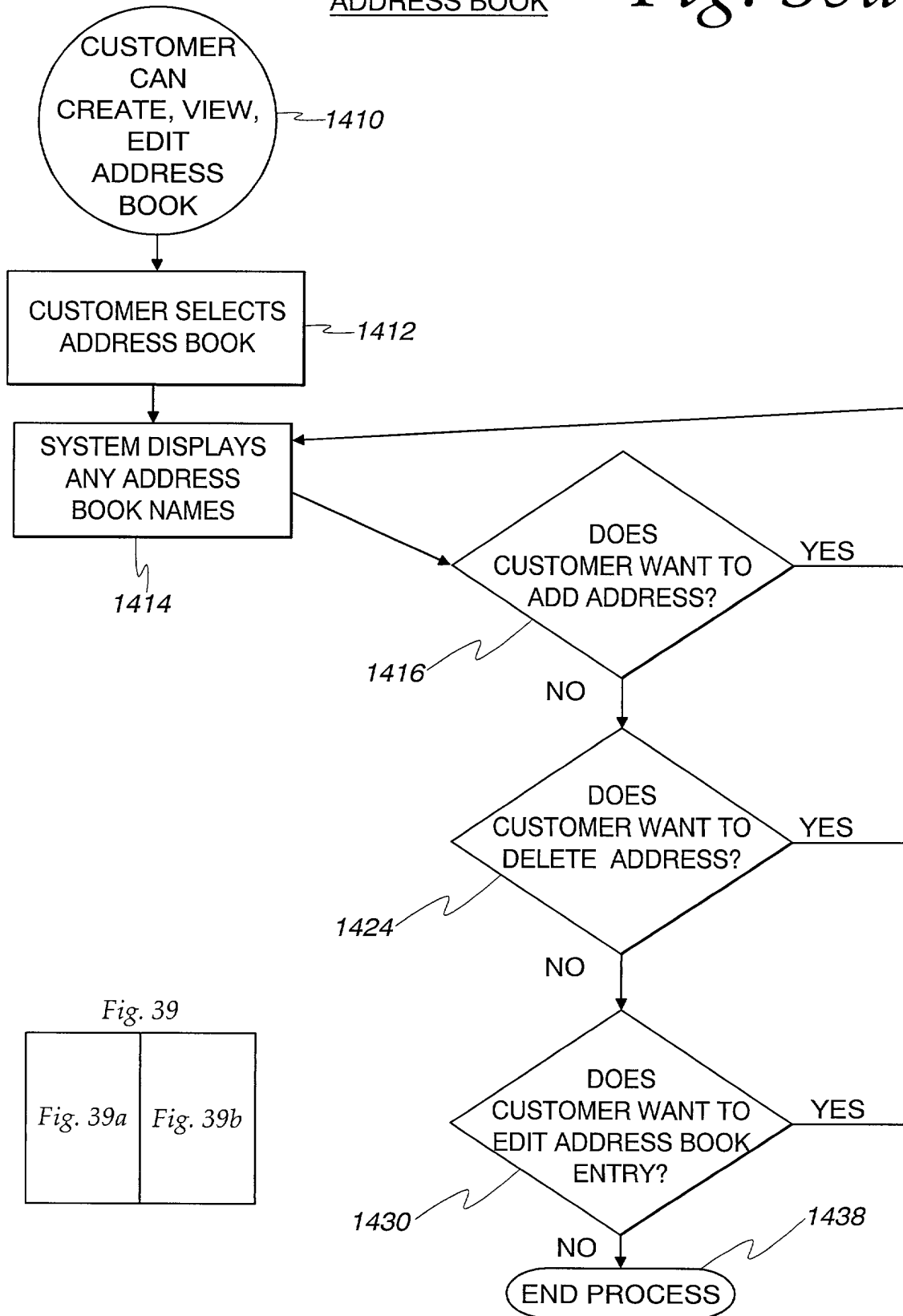


Fig. 38b

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ADDRESS BOOK

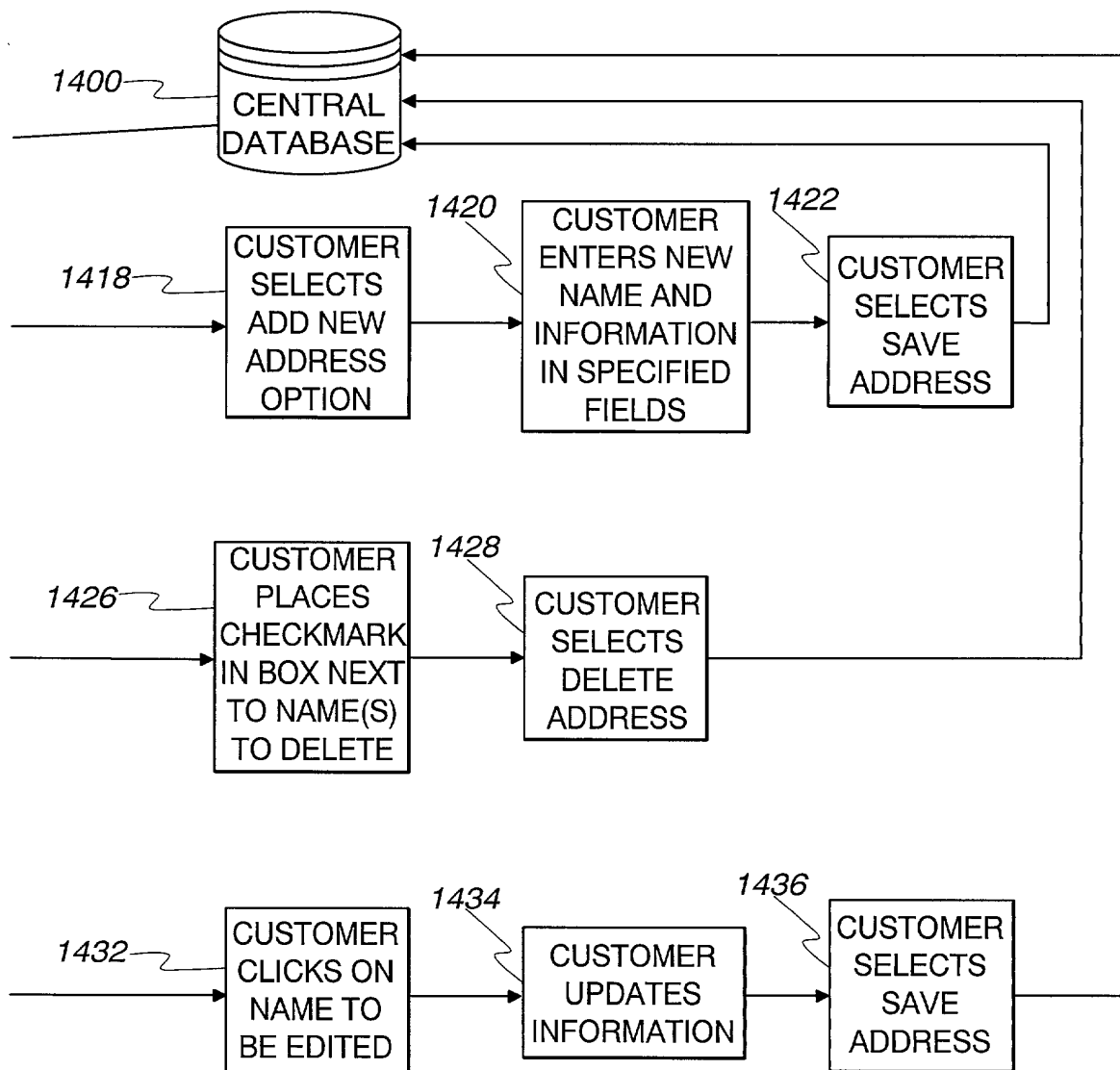
*Fig. 39a*



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*Fig. 39b*

ADDRESS BOOK



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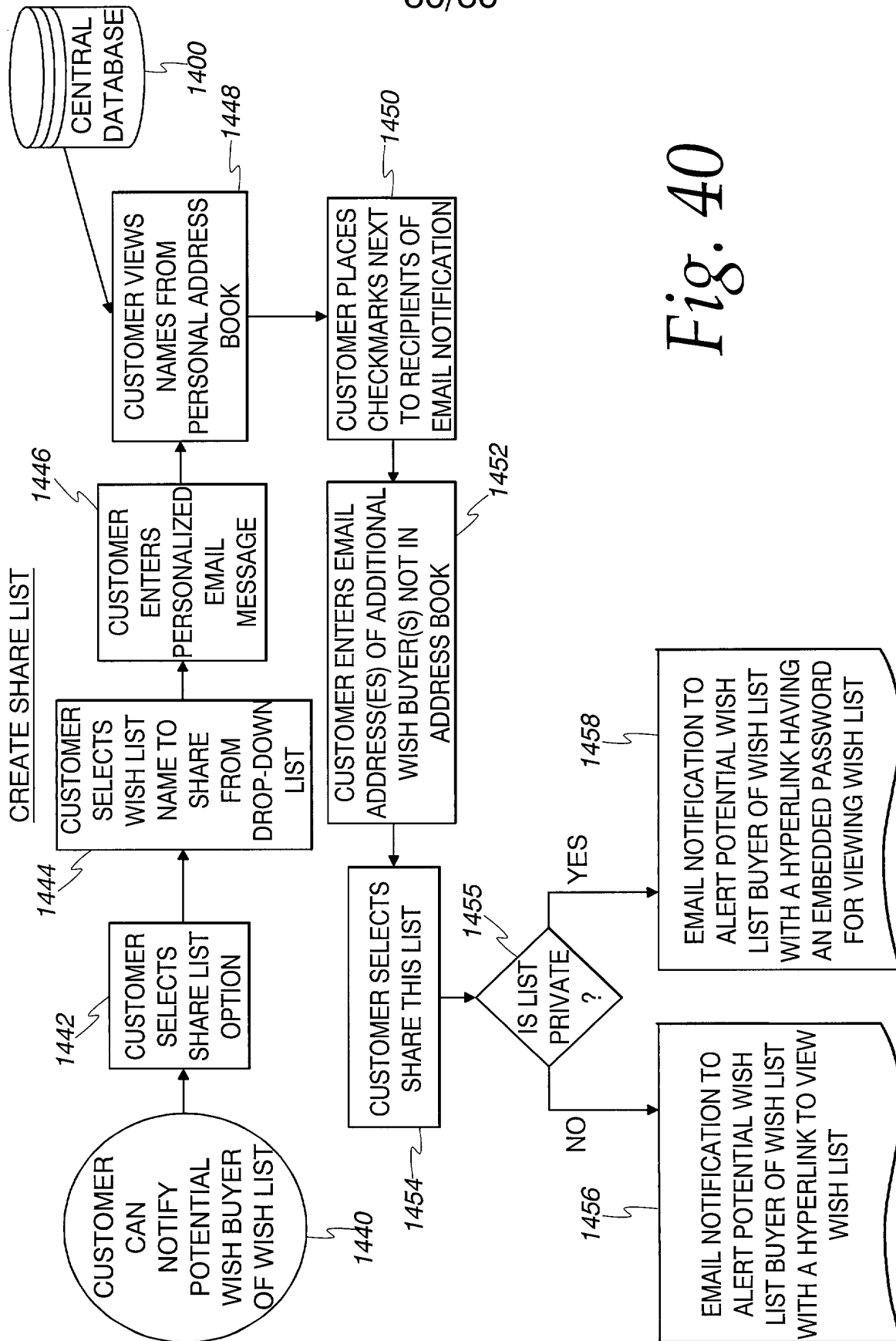


Fig. 40